

# Download Basketball Team Workout

You will get a fully-integrated and world-class training system for your players. Our sole intention is to deliver the absolute best basketball training program in the world to your team in a professional, exclusive environment, to both enhance basketball skills and the team's abilities. Basketball Team Shooting Drills for Your Next Practice. Why You Should Do Good Mornings to Strengthen Your Glutes, Hamstrings and Lower Back. Why Reverse Lunges Are Better Than Forward Lunges. Basketball Drills - Ball-Handling and Dribbling Drills. All players should do these drills. Coach Krzyzewski's Duke teams do 2-ball dribbling drills nearly every practice. See all the video clips of ball-handling and dribbling drills. Here are 20 team basketball shooting drills that you can use to keep practices fresh and help your team shoot at a higher percentage. Players at the top of the key dribble down and perform a handoff with a wing player cutting to the top of the key who then takes the shot or drives for the layup.