



10,000 Workout
Personal Practice Guide

Momentum³ 10,000 Workout

Momentum³ has specifically designed a basketball workout program that will help motivate and encourage you while enhancing your fundamental development.

It's a 40 minute daily workout routine that, if done properly, will improve your ball handling, footwork, and shooting skills. In just 40 short minutes you will put up over 200 shots and be on your way to becoming a better basketball player. If you are dedicated to the system, you will use our choice of the Top 10 drills to improve your ball handling, as well as our Top 10 choice of shooting drills for 10 weeks to achieve 10,000 shots! This program is designed to supplement regular team practice time and to help further your development as an athlete.

Included in this program is a workout sheet that will give you guidelines as to which drills to do during your routine as well as detailed descriptions for each drill. Also included is a sheet that will allow you to record your progress from each workout. Simply place an "X" in the column marked "Completed Workout" after you have completed each day's routine.

You will notice that there are also 5 columns for the shooting drills that you will perform each day. To record your progress, keep track of the number of shots that you made during the workout. When you've completed your 10,000 shots email us to be included in the Momentum³ 10,000 club!

Good Luck!

Momentum³

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Momentum³ 10,000 Workout

Day 1

Ball Handling

Finger Squeeze - 20 (R/L)

Ball Slaps - 10 (R/L)

Waist Circles - 10 (R/L)

Figure 8 - 10 (F/B)

In-N-Out - 15 (R/L)

V-Dribble - 15 (R/L)

Speed Dribble - 15 (R/L)

Crossover - 20

Behind the Back - 20

Small Dribble - 20 (R/L/Both)

Shooting

Form Shooting - Make 25 (R/L)

Guard Moves off the Dribble - 15 (Middle/Right/Left)

Free Throws - 20

3 Point Shot - 10 (Right Corner/Top of Key/Left Corner)

Free Throws - 20

Mid-Range Pull-Up - 15 (R/L)

Mikan - 10 (R/L)

Notes:



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Day 2

Ball Handling

Finger Squeeze - 20 (R/L)

Ball Slaps - 10 (R/L)

Waist Circles - 10 (R/L)

Figure 8 - 10 (F/B)

In-N-Out - 15 (R/L)

V-Dribble - 15 (R/L)

Speed Dribble - 15 (R/L)

Crossover - 20

Behind the Back - 20

Small Dribble - 20 (R/L/Both)

Shooting

Form Shooting - Make 25 (R/L)

Dribble Series - 10 (Right Wing/Left Wing)

-In-N-Out -Between the Legs - Crossover -Behind the Back

Free Throws - 25

Larry Bird Drill (off dribble) - 25 (Right Corner/Left Corner)

Free Throws - 25

Mikan - 10 (R/L)

Notes:



Momentum³ 10,000 Workout

Day 3

Ball Handling

Finger Squeeze - 20 (R/L)

Ball Slaps - 10 (R/L)

Waist Circles - 10 (R/L)

Figure 8 - 10 (F/B)

In-N-Out - 15 (R/L)

V-Dribble - 15 (R/L)

Speed Dribble - 15 (R/L)

Crossover - 20

Behind the Back - 20

Small Dribble - 20 (R/L/Both)

Shooting

Form Shooting - Make 25 (R/L)

Guard Moves off the Dribble - 15 (Middle/Right/Left)

Free Throws - 25

3 Point Shot - 10 (Right Corner/Top of Key/Left Corner)

Free Throws - 25

Elbow Jump Shots - 15 (R/L)

Mikan - 10 (R/L)

Notes:



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Day 4

Ball Handling

Finger Squeeze - 20 (R/L)

Ball Slaps - 10 (R/L)

Waist Circles - 10 (R/L)

Figure 8 - 10 (F/B)

In-N-Out - 15 (R/L)

V-Dribble - 15 (R/L)

Speed Dribble - 15 (R/L)

Crossover - 20

Behind the Back - 20

Small Dribble - 20 (R/L/Both)

Shooting

Form Shooting - Make 25 (R/L)

Larry Bird Drill (off dribble) - 25 (Right Corner/Left Corner)

Free Throws - 25

X-out Lay-ups - 20 (R/L)

3 Point Shot - 10 (Right Corner/Top of Key/Left Corner)

Free Throws - 25

Mikan - 30 (R/L)

Notes:



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Day 5

Ball Handling

Finger Squeeze - 20 (R/L)

Ball Slaps - 10 (R/L)

Waist Circles - 10 (R/L)

Figure 8 - 10 (F/B)

In-N-Out - 15 (R/L)

V-Dribble - 15 (R/L)

Speed Dribble - 15 (R/L)

Crossover - 20

Behind the Back - 20

Small Dribble - 20 (R/L/Both)

Shooting

Form Shooting - Make 25 (R/L)

Post Moves - 10 (R/L)

-Drop Step -Up & Under -High Pivot to Jumper

Free Throws - 20

3 Point Shot - 10 (Right Corner/Top of Key/Left Corner)

Free Throws - 20

Guard Moves from top of Key - 15 (Right Elbow/Left Elbow)

Notes:



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Ball Handling Drills

FINGER TIP SQUEEZE

Grasp Basketball between tips of fingers and act as if trying to squeeze the ball continuously. Alternate Right and Left hands.

BALL SLAPS

Slap Basketball with each hand as hard as you can. Alternate Right and Left hand every repetition.

WAIST CIRCLES

Grasp Basketball with one hand and pass it off to the other hand as quickly as possible. Ball will go 360 degrees making a full circle around Alternate directions; clockwise, then counter-clockwise.

FIGURE 8

Dip body down into squat position with legs wider than shoulders and dribble ball around each leg going from side to side. Keep ball below knee level to work on hand speed and finger-tip strength. Keep head and eyes up; not looking at ball. Alternate directions by starting with ball in front of body and then ball at back of body.

IN-N-OUT

With body facing forward, knees bent and head and eyes up, dribble basketball in front of body towards the opposite hip. Take ball from Right Hip to Left Hip, keeping ball below waist throughout. Alternate Right and Left hands.

V-DRIBBLE

With body facing forward, knees bent and head and eyes up, dribble basketball at side of body moving ball forward, then back forming a "V" shape. Keep hand on top of ball at all times. Keep ball below waist throughout. Alternate Right and Left hands.

SPEED DRIBBLE

With body facing forward, knees bent and head and eyes up, dribble basketball with one hand quickly in front of body towards one side. Bring ball up to waist on each quick power dribble. Alternate Right and Left hands.

CROSSOVER

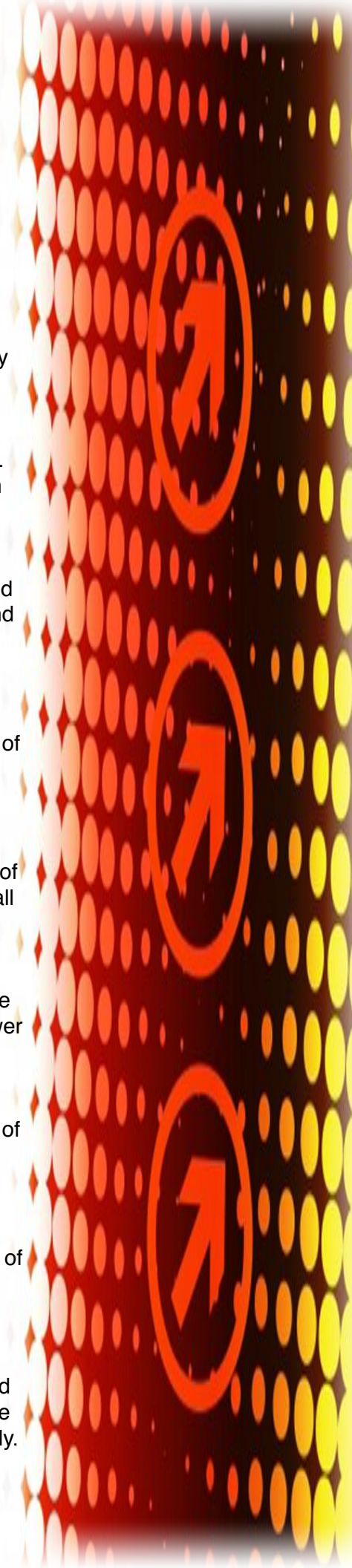
With body facing forward, knees bent and head and eyes up, dribble basketball in front of body crossing from Right Hand to Left Hand on each dribble. Keep ball below waist throughout.

BEHIND-THE-BACK

With body facing forward, knees bent and head and eyes up, dribble basketball in back of body crossing over from Right Hand to Left Hand on each dribble. Keep ball below butt throughout.

SMALL DRIBBLE

Dribble Basketball with one hand as low and quickly to the floor as possible. Ball should barely come off of the ground and should remain about ankle high throughout. Alternate Right and Left Hands, then do quick "Drummer dribble" alternating hands simultaneously.



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Shooting Drills

FORM SHOOTING

Begin close to basket with knees slightly bent, feet shoulder-width apart and pointed straight at basket. Grasp ball with one hand. Ball should be kept high or at least eye level each time. Keep ball off of the palm of your hand and on finger tips. Form 90 degree angle with elbow and forearm, while positioning wrist back. Use legs for power on shot pushing up and following through with arm and wrist.

MIKAN DRILL

Begin underneath basket holding ball at chest. Push ball upward as to do layup, grab ball out of net and then shoot on opposite side. This drill will look like a quick layup drill without dribbles. Concentrate on proper footwork. Right side: use Right Hand to shoot, but jump off of Left Leg. Left side: use Left Hand to shoot, but jump off of Right Leg. Move quickly from side to side.

FREE THROWS

Begin by lining up your strong side or shooting side foot with the center of the basket. Keep knees slightly bent, feet shoulder-width apart and pointed straight at basket while using proper shooting form.

GUARD MOVES OFF DRIBBLE

Begin drill by starting at Free-throw line extended. Put ball in Triple-threat position (ball at chest with elbows out, knees bent and feet shoulder-width apart), then dribble to middle of lane or towards baseline block using outside hand. Use inside foot as lead foot into shot. Concentrate on proper shooting form throughout.

3-POINTERS

Begin drill behind 3-point line. Concentrate on proper shooting form throughout by keeping ball high and using legs for power on each shot.

ELBOW JUMP SHOTS

Begin drill at corner or elbow area of Free-throw line. Move from side to side on each shot. Concentrate on proper shooting form throughout and use inside foot to lead into each shot.

DRIBBLE SERIES

Begin a few feet behind 3-point line on side of floor. Dribble into each shot using various dribbles. Concentrate on proper form with head and eyes looking up the floor. This drill is similar to Guard Moves.

X-OUT LAYUPS

Begin drill at corner or elbow area of Free-throw line. Dribble towards basket with outside hand and perform layup. Remember, Right side: use Right Hand to shoot, but jump off of Left Leg. Left side: use Left Hand to shoot, but jump off of Right Leg. Move quickly from side to side. Always keeping dribble to the outside.



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Shooting Drills

LARRY BIRD DRILL

Begin underneath basket. Spin ball out about 10 feet on baseline side of basket. While ball is tossed, run and use inside foot to turn body, catch ball and position for shot. Grab rebound and repeat on opposite side. This drill can also be done from 3-point range.

POST MOVES

Begin between the two low blocks on one side of basket. Back should be facing basket. Knees slightly bent and feet slightly more than shoulder-width apart. Grasp ball at chest with elbows out. Perform three different variations.

Drop Step: use top leg as pivot foot and drop low foot towards basket while taking power dribble and finishing strong with two hands.

High Pivot to Jumper: use top leg as pivot foot and turn towards high side, take one dribble with outside hand and face up to basket for jump shot.

Up and Under: use top leg as pivot foot and turn towards high side, face basket, fake jump shot above head, then swing ball across chest (under defender) to outside of body while stepping into a strong layup.



Momentum³ 10,000 Workout

WEEK 1						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
WEEK 2						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						

Enter total time for ball handling drills under "Completed Workout." Keep track of shots made from each shooting drill. Use one box for free throws.

Momentum³ 10,000 Workout

WEEK 3						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
WEEK 4						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						

Enter total time for ball handling drills under "Completed Workout." Keep track of shots made from each shooting drill. Use one box for free throws.

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WEEK 5						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
WEEK 6						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						

Enter total time for ball handling drills under "Completed Workout." Keep track of shots made from each shooting drill. Use one box for free throws.

Momentum³ 10,000 Workout

WEEK 7						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
WEEK 8						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						

Enter total time for ball handling drills under "Completed Workout." Keep track of shots made from each shooting drill. Use one box for free throws.

Momentum³ 10,000 Workout

WEEK 9						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
WEEK 10						
	COMPLETED WORKOUT	SHOOTING DRILL - A	SHOOTING DRILL - B	SHOOTING DRILL - C	SHOOTING DRILL - D	SHOOTING DRILL - E
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						

Enter total time for ball handling drills under "Completed Workout." Keep track of shots made from each shooting drill. Use one box for free throws.