



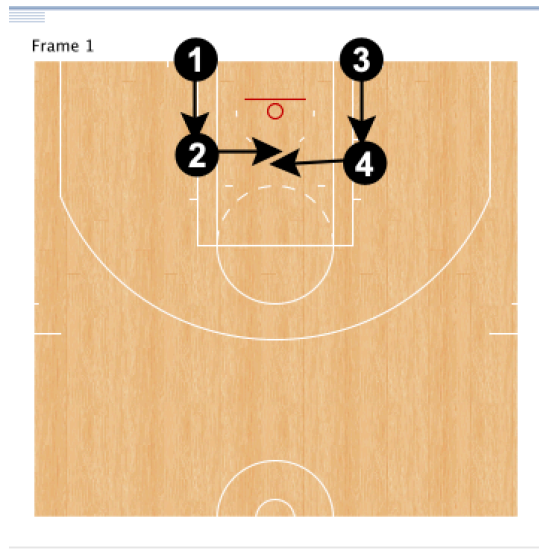
BIG MAN WORKOUT

BY

MIKE PROCOPIO

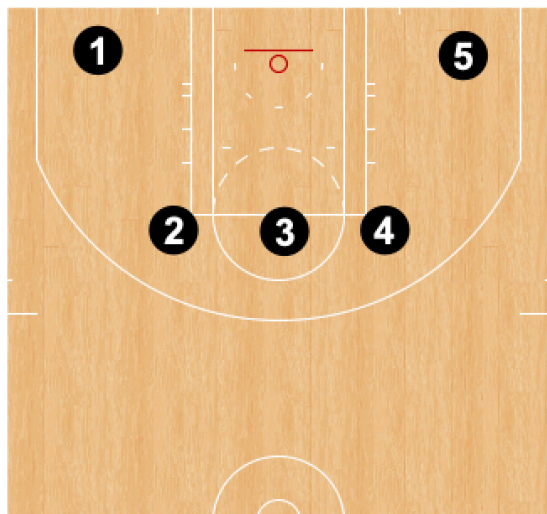
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DRILL #1



Simple spin out jump hook drill. Just start on the baseline right outside the paint. Spin the ball out catch on a 2 foot jumpstop shoot a hook. Work on form and technique of the hook, make 5 hooks should be no more than 4-5 feet from the basket. Then start outside the paint flip it out and catch in the paint in front of the basket near the dotted DT line. Catch on a two-foot jump stop and shoot a jump hook. Make 5 and then repeat on the other side

DRILL #2

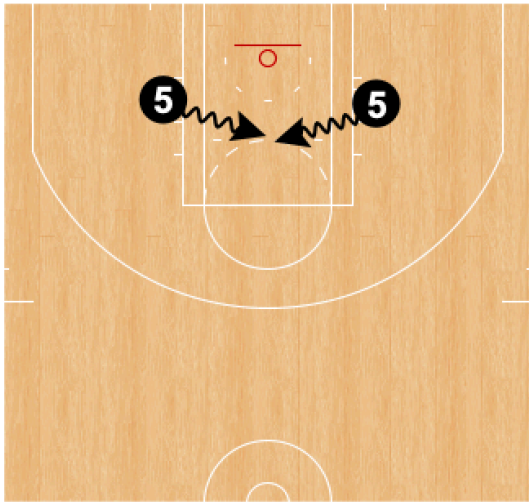


15 Foot Jumpers. Work on their catch and shoot. I prefer them stepping in 1-2 step when they shoot. If you need to move in to 10-12 feet that's ok. Have them make 5 per spot for 5 spots. Two

The Five Spots Are As Follows

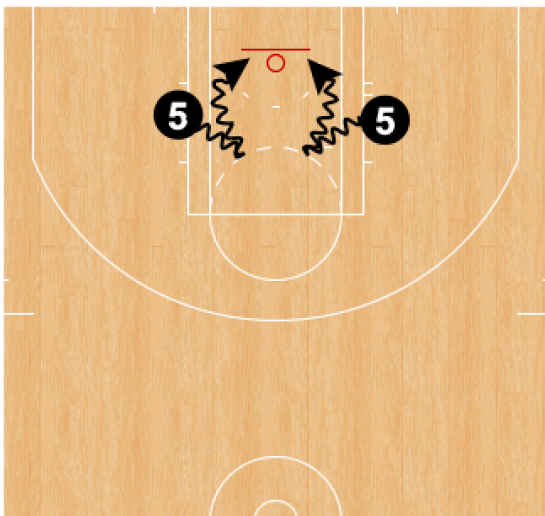
2 CORNERS
2 ELBOWS
1 FT LINE

DRILL #3



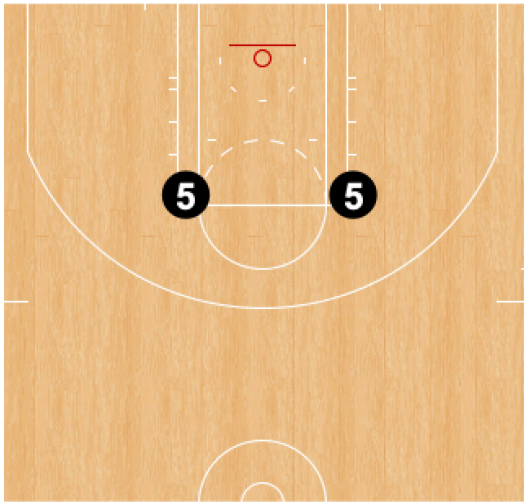
Have the player catch on the block take a couple of power dribbles 1 or 2 to the middle and shoot a jump hook. Make sure form and technique is good and they are on balance. Have them make 5-7 on each side

DRILL #4



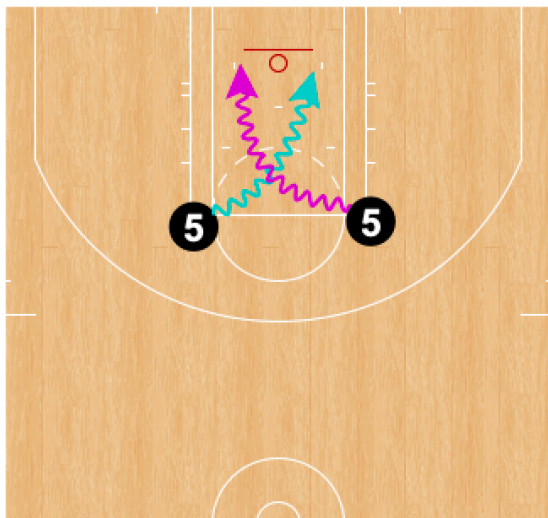
This is to work for a counter if the defender beats the big to the spot going middle. It is called dribble drop. Take that 1-2 power dribbles to the middle and have them spin back to the baseline for a hook/layup. When they gather the ball to spin make sure they are keeping the ball high and protecting the ball as defenders will try to strip and slap at it.

DRILL #5



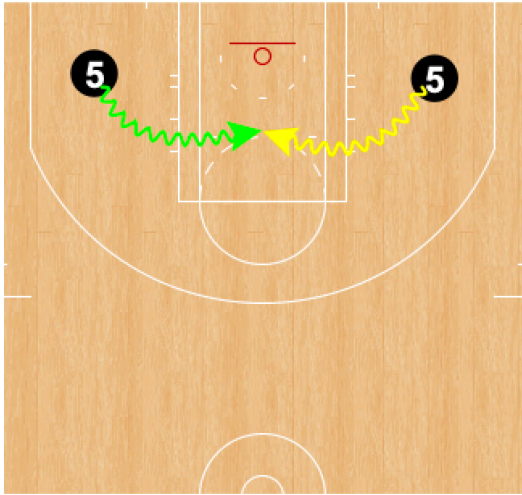
Post Players have to be able to operate out of the high post. Have your player catch from the elbow on a 2-foot jump stop. Have them turn on an inside pivot to the outside of the paint. On the left elbow the player would have his right foot as his pivot foot. On the right they will use their left. Have them catch open up and shoot the ball. Make 5-7 shots per side.

DRILL #6



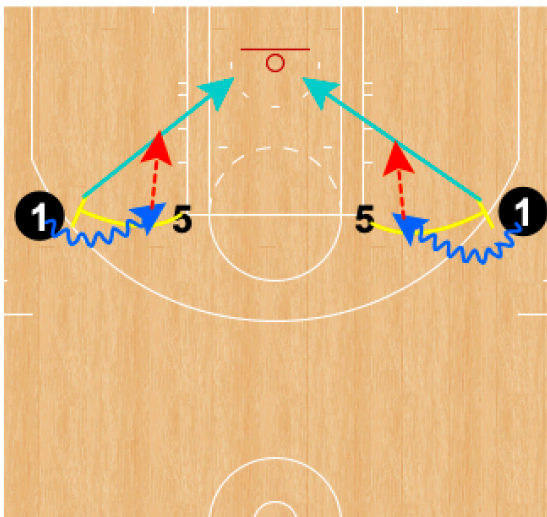
Now you want to counter to the last shot. The defender will follow the moving foot leaning towards the outside. The player will catch and open up, once their foot lands on the square up they immediately crossover put the ball on the floor and shoot a reverse lay-up. Make 5-7 per side. Make sure you examine their pivot foot and don't let them pick it up before they put the ball on the floor for their drive.

DRILL #7



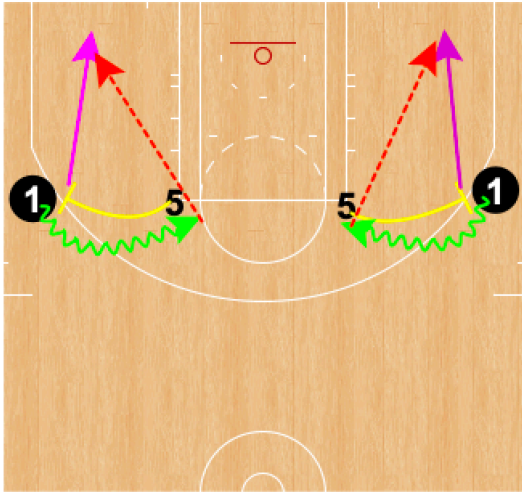
I want the player to work on their proper footwork and technique of the running hook. For the player on the Left side (Green Line) I want them to have their right foot as their pivot. They will take one dribble and two steps to take the right handed running hook. They step Left/Right/Left.... Dribble with their right hand (obviously) and have rhythm on their hook. Shoot the ball at the dotted DT Line. Player on right (Yellow Line) does the opposite.. Left Foot pivot dribbles with their left hand and shoots off their right foot/left hand for the running hook. Make 5-7 shots per side.

DRILL #8



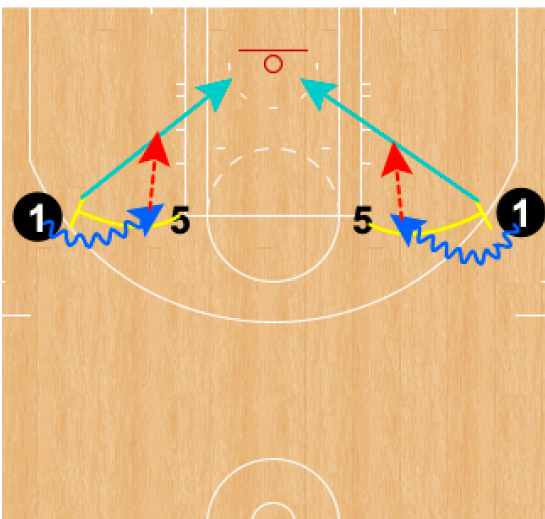
Player sets the proper screen and speed rolls to the rim. Ball Handler comes off the screen and delivers the pass on the move. Post player catches in traffic and finishes at the rim. Can finish any way they want. Make sure that you pay attention to their technique on the screen and they sprint into their roll. Work on different types of finishes. Make 7 shots per side.

DRILL #9



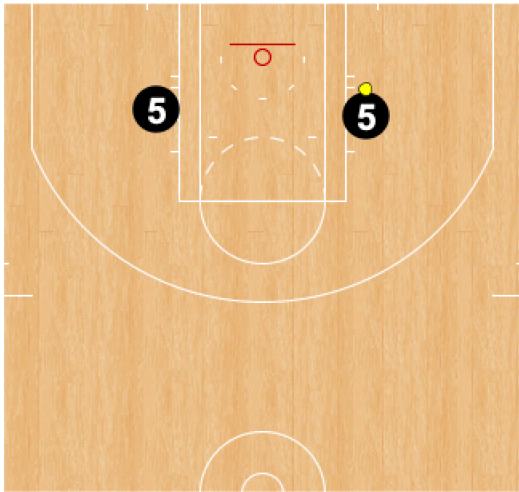
Post Player sets a proper and legal screen, once the ball handler starts their drive, the post player spaces to the 15-17 foot range. If they can space out deeper even to the 3PT line they can have at it. Make 7 shots per side. Concentrate on their screening as well as their speed on the spacing. You can also have them catch and drive it to the basket if you are feeling adventurous.

DRILL #10



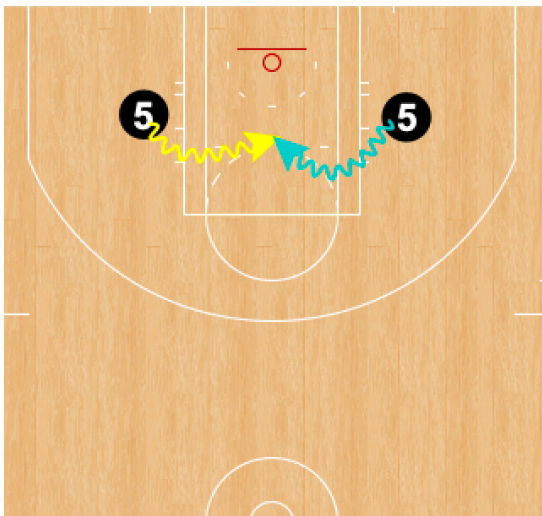
Player sets the proper screen and speed rolls to the rim. Ball Handler comes off the screen and delivers the pass on the move. Post player catches in traffic and finishes at the rim. Can finish any way they want. Make sure that you pay attention to their technique on the screen and they sprint into their roll. Work on different types of finishes. Make 7 shots per side.

DRILL #11



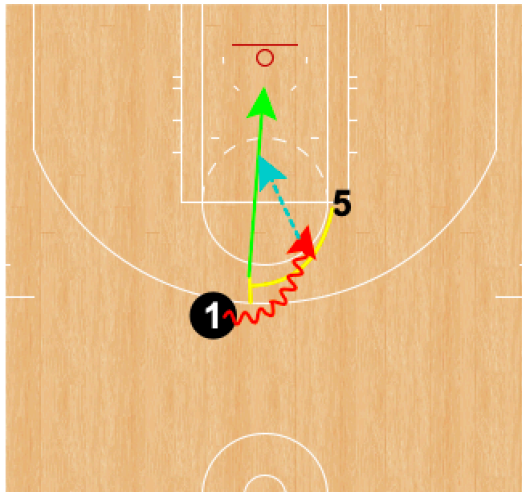
On the catch in the post, player inside pivots. Have them keep the ball at least on chest level with the open up so the defender doesn't strip it. Have them shoot a jump shot with/without glass coach's call. Have them make 7 shots per side.

DRILL #12



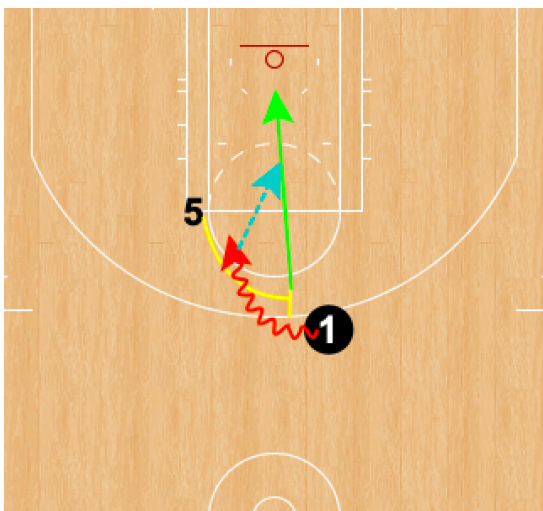
Counter to the last drill. Player opens up on an inside pivot and then takes a dribble to the middle, uses the same footwork that they used on Drill #7 when they were working on their technique on the running hook. Keep the ball high on the gather after their first dribble. Make 7 shots per side.

DRILL #13



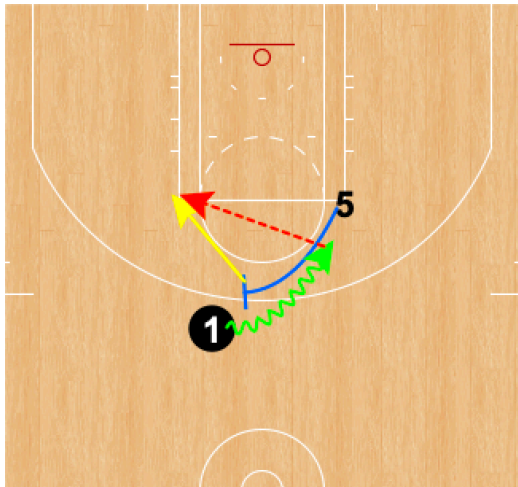
Proper screen to the mid screen and roll. Speed roll to the rim and finish. Check their technique on the screen and speed to the rim. Have them gather and finish through contact if possible.

DRILL #14



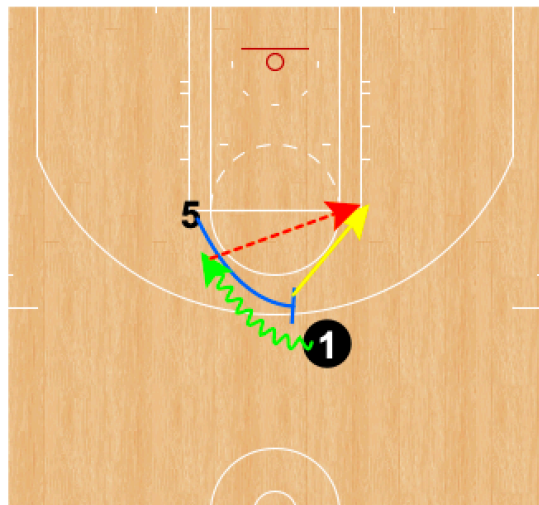
Same drill as prior just coming off different side

DRILL #15



Big now sets their screen and spaces to the elbow (If you have 3PT shooters, you can have them space to the 3PT Line. Make 7 shots per side.

DRILL #16



Same drill as prior just coming off different side