



With NBA Skills Coach Tyler Relph

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Workout:

Drill: Ball Manipulation Over Cone

1 Min Right and Left Hand

Drill: Hip Shift with Med Ball Touches

30 Reps with Right Hand

30 Reps with Left Hand

Drill: Swing Step

Make 8 Right Wing

Make 8 Left Wing

Drill: Push Cross to Swing Step

Make 8 Right Wing

Make 8 Left Wing

Drill: In and Out Push Cross into Under Drag

Make 15 Driving Right

__ 15 __ / _____

Make 15 Driving Left

__ 15 __ / _____

Drill: 5 In a Row from 7 Spots

35 / _____

Drill: How Many 3's in 1 Minute

5 Sets

MAKES

1. _____ 2. _____ 3. _____ 4. _____ 5. _____