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# NOBLESVILLE BASKETBALL

## Miller Basketball Grades 3-9 Workout

### YouTube VIDEO LINK

<https://youtu.be/-sosBvO5ARk>

#### I. Wall/Partner Passes

1. Right Hand / Left hand (10 Times in a Row)
2. Alternate Right / Left (10 Times in a Row each hand)
3. One Hand Pass Right Hand / One Hand Pass Left Hand (10 Times in a Row)
4. Alternate One Hand Pass and Catch with Right Hand / Left (10 in a Row)
5. 5 Behind the Back Right Hand / Left Hand (10 Times in a Row)

#### II. Purdue Drills

1. Ball slaps (20 times)
2. Right/left leg wraps (10 times each leg)
3. Figure 8's (20 times)
4. U-Stance wraps (20 times)
5. Rt/Lt leg waist wraps (10 times each leg)

#### III. Stationary One Ball Dribble (15 Reps Each)

1. Side Jab
2. Jab At
3. Inside Out
4. Cross Over
5. Through the Leg
6. Behind the Back
7. Combo Moves
  - a. Between the Legs Crossover
  - b. Between the Legs / Behind the Back

#### IV. Stationary 2 Balls (15 Reps Each)

1. Jab
2. In / Out
3. Crossover
4. Between the Legs

#### V. Form Shooting (Spend 10-15 Minutes Daily)

1. 10 Toes to the Rim / Perfect Feet
2. Hold Follow-through / Elbow Over Eye / Perfect Release

#### VI. Magic 70 Drill

- Spot shooting (10 shots & record makes)
- 1 dribble strong (10 shots & record makes)
- 1 dribble weak (10 shots & record makes)
- Pull back strong (10 shots & record makes)
- Pull back weak (10 shots & record makes)
- Strong side finish (10 shots & record makes)
- Weak side finish (10 shots & record makes)

#### VII. Dribble Moves (1 chair/cone down and back)

1. Crossover
2. Behind the back
3. Inside Out (Million Dollar Move)
4. Between the Legs
5. Counter Moves

#### VIII. Defensive Work

1. Lane Slides
2. Close out, release
3. 1 on 1 Trailblazer

*TALENT + CHARACTER + SKILLS =  
MILLER BASKETBALL PLAYER*

