



CLC TIGER BOYS BASKETBALL

TENACITY. INTEGRITY. GANAS. EXECUTION. RESPECT. SOLIDARITY

Take the 44-Minute Challenge!

In life, if you want to be successful at anything you do, you must put in the time and effort to hone your skills and give yourself the confidence to perform when it counts. The more you push yourself to work - when no one is watching, on days you don't really feel like doing it, and/or without someone prodding you - the more confidence you will gain, and pride you will take in your achievements.



From now, until the day our next season begins, we are asking you to commit 44 minutes a day to basketball. Why 44 minutes, you ask? There are 1,440 minutes in every day. 44 minutes represents a mere 3% of that day and is a small investment that will pay huge dividends. Even if you take into account that the average American kid sleeps for 9.4 hours (564 minutes), there are still 876 minutes in your conscious day, and we are only asking for 5% of that day.

Ask yourself if taking 5% of your waking day in order to prepare yourself to be a better player and teammate is worth it. Envision our program competing for a State Championship every year and you being a big part of it. Take every shot in the offseason as if it were to win the State Championship. If we do the work, we will enjoy (and deserve) the success we desire.

There are many ways to free up 44 minutes in a day. Wake up 15 minutes early and watch one less TV show. Wake up 30 minutes early and play one less video game. Cut back on your Social Media time. The possibilities are endless!

You can spend the 44 minutes in a variety of ways, including working on basketball skills, becoming a better athlete (conditioning, lifting weights, playing other sports), and studying the game.

On the back of this sheet we have provided a sample 44-minute workout for you to use. Talk to your coaches about other workouts designed to help you specifically! Remember, you don't have to limit yourself to 44 minutes, but this is a great start. How good do you want to be?

Will you commit the time necessary to become the player you want to be? Will your opponents?

Best Swishes,

Coach Czes



CLC Tiger 44-Minute Summer Workout

Warm-Up Shooting

- 0:00-0:02 One-Hand Form Shooting
- 0:02-0:04 Form Shooting from FT Line
- 0:04-0:06 Flip Catch to Shot
- 0:06-0:08 One Dribble to Shot

Stationary Ball Handling

- 0:08-0:09 Pound Dribbles (30 sec each hand)
- 0:09-0:10 Pound, Crossover in Front/Behind (30 sec front / 30 sec behind)
- 0:10-0:11 2-Ball Pound Dribble
- 0:11-0:12 2-Ball Pound, Crossover

Free Throws

- 0:12-0:13 Rhythm Free Throws

Dribble on the Move

- 0:13-0:14 Inside Out
- 0:14-0:15 Stutter Step
- 0:15-0:16 Hesitation
- 0:16-0:17 Crossover
- 0:17-0:18 Stutter Crossover
- 0:18-0:19 Behind the Back
- 0:19-0:20 Between the Legs

Free Throws

- 0:20-0:21 Routine Free Throws

Passing

- 0:21-0:22 Rapid Fire Chest Passes
- 0:22-0:23 Rapid Fire Bounce Passes
- 0:23-0:25 Drive and Kick Passes
- 0:25-0:27 Drive and Skip Passes

Finishing

- 0:27-0:28 Jump Stop Finish
- 0:28-0:29 Jump Stop, Shot Fake Finish
- 0:29-0:30 Move of the Day Layup
- 0:30-0:31 High Speed Finishes

Free Throws

- 0:31-0:32 Routine Free Throws

Defense

- 0:32-0:33 Close Out to Top of Key then Slide to Wing (alternate each side)
- 0:33-0:34 Lane Slides (as many as you can in 1 min)

Shooting

- 0:34-0:37 Beat the Pro Shooting Off the Dribble (+2 Swish/+1 Make/-2 Miss)
- 0:37-0:40 Beat the Pro Shooting Off the Catch (+2 Swish/+1 Make/-2 Miss)
- 0:40-0:44 5-Spot Combo Shooting Drill



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Ballhandling Workouts

Ballhandling Workout #1

Non-Dribble in Place

1. Ball Slaps
2. Outstretched Arms (elbows locked) pat ball back and forth on finger tips
3. Right Leg Circles
4. Reversed Right Leg Circles (go the opposite way)
5. Left Leg Circles
6. Reversed Left Leg Circles (go the opposite way)
7. Figure Eight
8. Reversed Figure Eight (go the opposite way)
9. Double Flip (hold the ball with two hands in front and then drop the ball and catch it with two hands in back before it hits the ground)
10. Single Flip (hold the ball with one hand in front and one in back, drop the ball and reverse hand positions and catch the ball before it hits the ground)
11. Single Flip / Double Flip (alternating)
12. Figure Eight Around the Ankles Double Flip

Keys for Maximum Gains

Do them quick and fast both ways.

Try to keep head up for all of them.

SPEED is the most important thing.

Spend about 15 seconds for each drill.

Don't worry about making mistakes -- if you're not making mistakes, you're probably not going as hard as you can!

Ballhandling Workout #2

Dribble in Place

1. Right Hand High Dribble then Slam Down Low (looking over your left shoulder)
2. Left Hand High Dribble then Slam Down Low (looking over your right shoulder)
3. Side to Side Right Hand
4. Side to Side Left Hand
5. Front to Back Left Hand
6. Front to Back Right Hand
7. Side to Side Left Hand Behind the Back
8. Side to Side Right Hand Behind the Back
9. Crossover Dribble Left to Right in Place
10. Dribble Around Right Leg
11. Dribble Around Left Leg
12. Figure Eight Dribble with Right Hand Only
13. Figure Eight Dribble with Left Hand Only
14. Spider Dribble (two taps in front, two taps in back...)
15. Scissors Dribble (between legs in place)

Keys for Maximum Gains

Do them quick and fast both ways.

Try to keep head up for all of them.

SPEED is the most important thing.

Spend about 15 seconds for each drill.

Don't worry about making mistakes -- if you're not making mistakes, you're probably not going as hard as you can!



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Ballhandling Workout #3

Dribble on the Move

NOTES: Put cone or chair on both wings, position outside the 3-pt arc. Always start on the right side. Make the move to the basket, rebound and make the same move out to the other cone. Repeat on the left side.

MOVE #1; Inside Out

When dribbling with the right hand, fake to left with left foot and fake the dribble to the left, and then explode to the basket.

MOVE #2; Stutter Step

The stutter step is made by dribbling up to the defender about 3' away and make the move. The move is made by making 4 QUICK choppy steps and blow by the defender.

MOVE #3 Hesitation

The move is made about 3' away from the defender. Dribble up, stop, but keep the dribble alive. Your weight is on the left foot, rock back to the right foot and blow by the defender. Vice versa when using left hand.

MOVE #4 Crossover

Dribble up to defender about 3' away. Crossover dribble low to the other hand. When crossing over your left foot should drop while your right foot goes with the ball across your body. By this time, you should be by the defender. Then crossover back to the right.

MOVE #5 Stutter crossover

This move is made by combining the stutter and crossover moves. Stutter first then crossover.

MOVE #6 Reverse

When making this move with the right hand, your left foot should be straight in front of the defender's right foot. Pivot on your left and rub against the defender's right shoulder and drive to the basket. Opposite with left hand.

MOVE #7 Behind the Back

When you begin to dribble behind the back you should be stepping with your left foot around the defender. Opposite with left hand.

MOVE #8 Between the legs

When you start your dribble between the legs, the left foot should be in front. After the ball goes through the legs, the right foot drives by or around the defender.

*** You can also do these moves at the top of the key, using right and left hand.

IMPORTANT NOTES

1. Use the moves with lay ups, power lay up and jump shots. You can back up the cones and use with 3-point shot. When using with jump shots make 1 or 2 dribbles by the defender before shooting.
2. Make the moves at GAME pace speed.
3. Remember start on right side, then left side.
4. These moves were explained when using the right hand, everything is opposite for left hand.



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Getting Better with the Basketball Workout

Part 1 (approx. 10 min)

Two Foot Jump Stop Finishes (Move of the Day on way back to line!)

Practice Points

- A. *More power & balance, covers distance*
- B. *When you land, either get to balanced or "Air'em" (show basketball, stay bent)*
- C. *Get inside shoulder into defender's chest (locks defender in place)*
- D. *Shoot jump hook to get separation*
- E. *Square shoulders in proper direction*

Start on a wing, 1-2 dribbles arc to rim (5 reps each side – 2 FT's in between)

1. Two Foot Jump Stop (5 reps each side – 2 FT's in between)
2. Vicious Pivot - rip ball over head and inside pivot (5 reps each side – 2 FT's in between)
3. Get to Other Side of Rim (5 reps each side – 2 FT's in between)
4. Get your Hips Across (5 reps each side – 2 FT's in between)

Part 2 (approx. 30 min)

Dribble moves, 25 reps each (approx 3 min), at a basket with a finish.

Practice Points

- A. *Feet never stop moving (except for the freeze step on the between the legs move)*
- B. *Sell move with your feet (fake with the side you want defender to go). FOOTWORK is everything!*
- C. *Start move 3-4 feet from defender*
- D. *Go past defender body to body - LOW (drop shoulder)*
- E. *VEER off of your defender and change hands to avoid getting backtipped*

Dribble Moves Workout

1. RH Crossover Dribble - Rhythm dribble, sell with RIGHT foot, explode past chair, veer
2. LH Crossover Dribble - Rhythm dribble, sell with LEFT foot, explode past chair, veer
3. RH Inside-Out (Fake Cross) - Rhythm dribble, sell with LEFT foot, explode past chair, veer
4. LH Inside-Out (Fake Cross) - Rhythm dribble, sell with RIGHT foot, explode past chair, veer

Start back a few steps - double move

5. RH Inside-Out Cross - L-R-L footwork, feet never stop moving, explode past chair, veer
6. LH Inside-Out Cross - R-L-R footwork, feet never stop moving, explode past chair, veer

7. RH Between the Legs - Scissors - Force yourself to stop by scissoring - SIT-SPLIT-POUND
8. LH Between the Legs - Scissors - Force yourself to stop by scissoring - SIT-SPLIT-POUND
9. R->L Between the Legs - Freeze step LEFT, STOP-SIT-SPLIT-POUND, explode, veer
10. L->R Between the Legs - Freeze step RIGHT, STOP-SIT-SPLIT-POUND, explode, veer



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Part 3 (approx. 20 min)

Perimeter Footwork (Move of the Day on way back to line!)

Practice Points

- A. *Get from the arc to the rim and finish*
- B. *Get as low as possible by ripping ball from knee to knee - lower is quicker*
- C. *All about hips and shoulders!!! Get them past your defender.*
- D. *Have to catch and be "Ball Quick" load the ball and be ready to go!!!*

Ball toss LEFT->RIGHT into all of these and inside pivot (5 reps of each followed by 2 FT's)

1. Crossover - Finish
2. Crossover - Pull up Jumper
3. Crossover - Change direction - Finish
4. Shot fake - Crossover - Finish
5. Shot Fake - Crossover - Pull up Jumper

6. Strong Side - Finish
7. Strong Side - Pull up Jumper
8. Strong Side - Change direction - Finish
9. Shot fake - Strong Side - Finish
10. Shot Fake - Strong Side - Pull up Jumper

Ball toss RIGHT->LEFT into all of these and inside pivot (5 reps of each followed by 2 FT's)

11. Crossover - Finish
12. Crossover - Pull up Jumper
13. Crossover - Change direction - Finish
14. Shot fake - Crossover - Finish
15. Shot Fake - Crossover - Pull up Jumper

16. Strong Side - Finish
17. Strong Side - Pull up Jumper
18. Strong Side - Change direction - Finish
19. Shot fake - Strong Side - Finish
20. Shot Fake - Strong Side - Pull up Jumper

Post Player Workout

Warm-up – Stationary Drills – Push yourself to go fast and not be comfortable! Mistakes mean you are working!

1. 50 Ball Slaps
2. 40 Clockwise Circles
 - a. 10 around head
 - b. 10 around waist
 - c. 10 around ankles
 - d. 10 full body circles (head-waist-ankles)
3. 40 Counter Clockwise Circles – See above
4. 20 Clockwise Non-dribble Figure 8's
5. 20 Counter Clockwise Non-dribble Figure 8's
6. 20 Monkey Catches
7. 20 Clockwise Figure 8's Dribble
8. 20 Counter Clockwise Figure 8's dribble
9. 20 Ricochets
10. 50 Spider Dribbles
11. 100 Left hand tilt dribbles
12. 100 Right hand tilt dribbles
13. 7 up 7 down Clap Catches

Shoot 5 Free throws

Warm-up Moving Drills

1. 20 Made Mikan Drills – 20 each hand
2. 20 Made Backward Mikan Drills
3. 20 Smashes – Player continually and quickly smashes ball against back board
4. 10 + 10 Superman Drill – Player starts outside lane throwing ball off the glass and retrieves it in the air outside the lane, on the opposite side

Post Moves – To be done with a partner or alone.

When doing the post moves, post in the proper area above the box with your shoulders parallel to the lane. Be in an athletic stance. When alone, spin the ball to your open hand, block and tuck the ball, elbows out, and chin it. Do 10 on each side of the lane. **BE FUNDAMENTAL. DO NOT** practice poor technique. Shoot 5 free throws in between each drill.

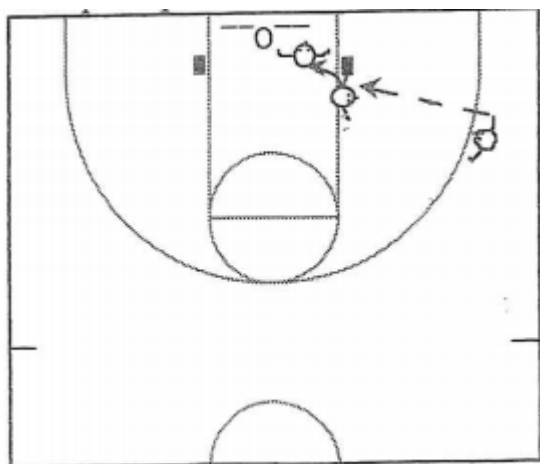
15 Drop Step Power Moves Both Sides

Butt down, pivot, crab dribble, slide. Your shoulders should be parallel to the backboard, shoulders should be two feet from backboard. Explode up.

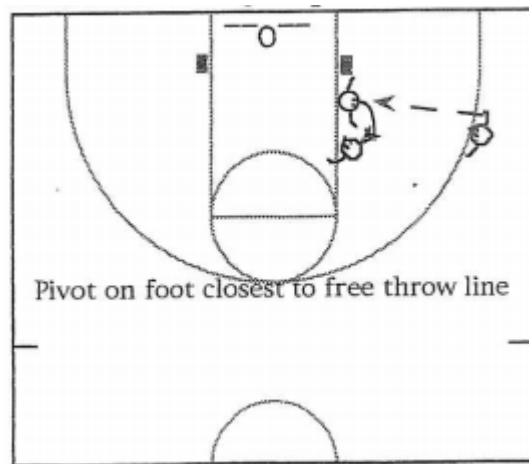
You **Play**
the way you
Practice

15 Turn and Face Jump Shots Both Sides

Pivot strong, moving elbows to protect ball and to be in triple threat position. Explode up, Shoot



**Shoot 5 free
throws**



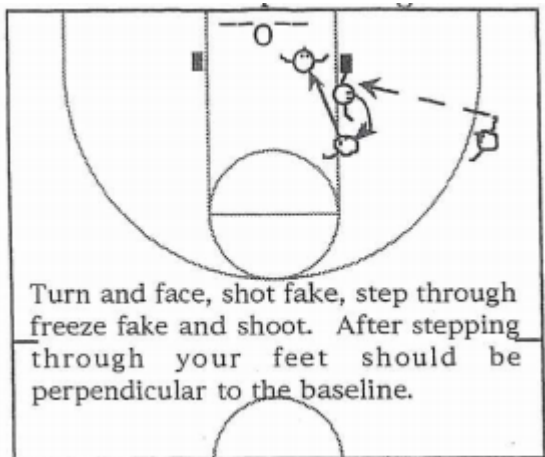
Pivot on foot closest to free throw line

Shoot 5 free throws

Following this, do 10 more drop steps with a “freeze fake”. Only fake with upper body. Power up and Explode up to finish!

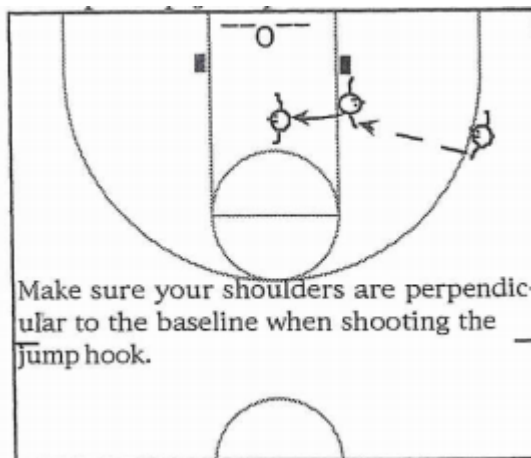


10 Turn and Face “Up and Unders”



Shoot 5 free throws

10 Drop Step Jump Hooks Both Sides



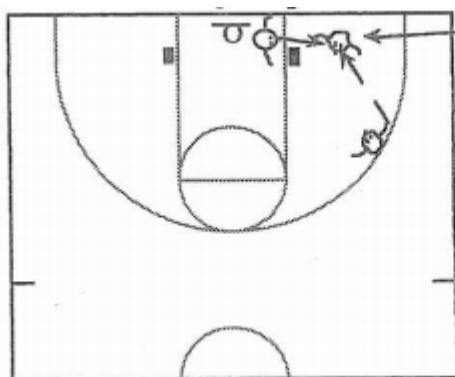
Following this, do 10 more drop steps hooks with a “freeze fake”. Only fake with upper body. Explode up.



Following this, do 10 more hooks with a fake and a step through to one side of the basket on each side.

20 Short Corner Jumpers each side – Best to do with a partner, but if you are by yourself, spin the ball to yourself.

Shoot 5 Free Throws In Between Each Drill



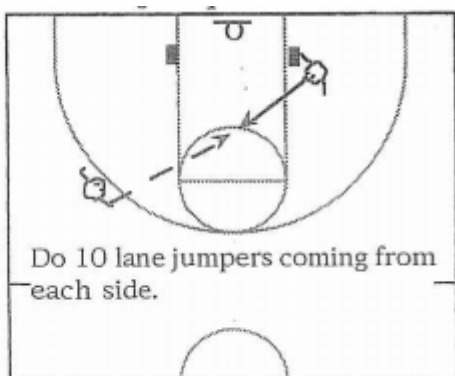
Moves to short corner, catches, turns and shoots.

Shoot 5 Free Throws In Between Each Drill

DON'T PRACTICE UNTIL YOU GET IT RIGHT. PRACTICE UNTIL YOU CAN'T GET IT WRONG.

30 Lane Jumpers

Shoot 5 Free Throws In Between Each Drill



Following the jumpers, complete 10 shot fake, one dribble explosive drives to the basket from **EACH** of the three areas.

SELL THE FAKE, EXPLODE TO THE RIM!!!

When you are not practicing, remember, someone somewhere is practicing, and when you meet him he will win.

— Ed Macauley —

Tiger Post Move Workout 1

Time (Min)	Drill	Description
2	One Hand Touch Shooting	Stand three-feet in front of the rim and shoot high-arcing swishes, using only your shooting hand. This will help enhance your lift and shooting touch.
2	Touch Shooting	Stand three-feet in front of the rim and shoot high-arcing swishes. This will help enhance your lift and shooting touch.
2	Touch Bank Shooting	Stand three-feet in front of the rim and shoot high-arcing bank swishes. This will help enhance your lift and shooting touch.
2	Balance Hand Shooting	Stand 12ft in front of the rim in a shot-ready position, with the ball in your balance hand one-foot across your body on your non-shooting side of your body and your shooting arm and wrist loaded in your shooting pocket. Stuff the ball into your loaded shooting pocket and lift the ball directly into your shooting motion without any pauses or hitches. This will eliminate unwanted, wasted movement and create one, smooth free-flowing shooting stroke.
2	Shooting Hand Lift	Stand 12ft in front of the rim in a shot-ready position, with the ball loaded in your shooting pocket with your arm and wrist under and your balance hand one-foot away on your non-shooting side of your body. Bring your balance hand across your body into your loaded shooting pocket and lift the ball directly into your shooting motion without any pauses or hitches. This will eliminate unwanted, wasted movement and create one, smooth free-flowing shooting stroke.
2	Free Throws	
4	Hook Warm-Up	Shoot mid-line hooks with both hands, then baseline hooks with both hands. Make sure you open up your hips and get your non-shooting shoulder angled at the rim before jumping, then explode upward and lift the ball directly into your hook motion, using one smooth free-flowing hook stroke, and finish high and extended. Perform the drill for one minute in each of the four directions.
4	Shimmy Catch, Base Hook	Throw your shoulders towards the middle to get your defender to shift before the catch, then catch the ball and make a forward pivot towards the baseline and shoot a hook shot. Perform the drill for two minutes on each side.
4	Shimmy Catch, Mid Hook	Throw your shoulders towards the baseline to get your defender to shift before the catch, then catch the ball and make a forward pivot towards the mid-line and shoot a hook shot. Perform the drill for two minutes on each side.
4	One Dribble Baseline, Spin Back	Your feet should be shoulder-width apart and your hips should be dropped on the catch. Take one crab dribble (power dribble), towards the baseline. As your defender shifts, drop your inside foot and pivot with a half-rear turn towards the mid-line. Get your foot past your defender's knee, pointed towards the basket, then spin and seal your defender with your lower body, and then finish at the rim. Perform the drill on each side for the given time.
4	One Dribble Baseline, Spin Back, Shot Fake, Step Through	Your feet should be shoulder-width apart and your hips should be dropped on the catch. Take one crab dribble (power dribble) towards the baseline. If your defender shifts, drop your inside foot and pivot with a half-rear turn towards the mid-line. If you cannot seal your defender, shot fake, let your defender get off balance, then rip the ball tight to the other side, while stepping through with a long, low step and then finish. Perform the move on each side for the given time.

Tiger Post Move Workout 1

4	One Dribble Middle, Spin Back	Your feet should be shoulder-width apart and your hips should be dropped on the catch. Take one crab dribble (power dribble) towards the mid-line. As your defender shifts, drop your outside foot and pivot with a half-rear turn towards the baseline. Get your foot past your defender's knee, pointed towards the basket, then spin and seal your defender with your lower body, and finish at the rim. Perform the drill on each side for the given time.
4	One Dribble Middle, Spin Back, Shot Fake, Step Through	Your feet should be shoulder-width apart and your hips should be dropped on the catch. Take one crab dribble (power dribble) towards the mid-line. As your defender shifts, drop your outside foot and pivot with a half-rear turn towards the baseline. If your defender does not shift, shot fake, then rip the ball tight to the other side, stepping through with a long, low step, and then finish. Perform the move on each side for the given time.
2	Free Throws	
4	Push-Out Step Hook Shot	Your feet should be shoulder-width apart and your hips should be dropped on the catch. Take one crab dribble (power dribble) towards the mid-line. Pick up your dribble while reach stepping with your inside foot to the mid-line. Bring your outside foot to the mid-line, so that you are in a quick stance with your inside shoulder positioned at the rim, then explode up and shoot a jump hook by extending fingers through the ball. Perform the drill on each side for the given time.
4	Push-Out Step, Shot Fake, Step Through	Your feet should be shoulder-width apart and your hips should be dropped on the catch. Take one crab dribble (power dribble) towards the mid-line. Pick up your dribble while reach stepping with your inside foot towards the mid-line. Bring your outside foot towards the mid-line so that you are in a quick stance, with your inside shoulder positioned at the rim, then shot fake. Rip the ball tight to your opposite side, and then step through with a long, low step, finishing off two feet. Perform the move for the given time.
4	Bump, Attack Shoulder and Finish	Your feet should be shoulder-width apart and your hips should be dropped on the catch. Take one crab dribble (power dribble), towards the mid-line. Take the bump and stay on balance. Act like you're going to make your second crab dribble towards the mid-line, attack your defender's top shoulder and quickly explode towards the rim and shoot a running hook by extending fingers through the ball. Perform the move on each side for the given time.
4	Bump, Attack Shoulder, Shot Fake, Step Through	Your feet should be shoulder-width apart and your hips should be dropped on the catch. Take one crab dribble (power dribble) towards the mid-line. Take the bump and stay on balance. Act like you are going to make your second crab dribble, then attack your defender's top shoulder and quickly explode towards the rim. Once you get to the mid-line, show a realistic shot fake. Rip the ball tight to your body, while stepping through with a long, low step then finish off two feet at the rim. Perform the drill on each side for the given time.
2	Beat the Pro	Catch and shoot three-point shots for three minutes. If you make a three-point shot, your score increases by 1 point. If you miss a three-point shot, your score decreases by -2. Try to get as high of a score as possible in three minutes. A good goal is to finish the drill with a score of +6 or higher.

Post Workout

Individual Ball Handling-

(No dribbles) Ball slaps, finger tips, around knees/waist, up and down body, right leg/left leg, figure eight, double flip, single flip, figure eight-around the waist-double flip.

(Dribbles) Right hand/left hand dribble high then slam low, right hand right leg/left hand left leg, dribble figure eight (super low/both hands), figure eight one hand only, figure eight one dribble between legs, right/left hand side to side then front to back, 3 dribbles right cross over 3 dribbles left-then 2-then 1, protect dribble (3 dribbles right-cross over left), spider dribble, scissor dribble, ball slams, throw ball in the air and catch behind back.

2 ball passing (or use a wall by yourself)-

Catch with the left then pass with your right-then reverse, catch with the left then bounce pass with the right-then reverse, one person chest-one person bounce then switch, around the right leg the shovel pass-switch, figure eight then shovel pass (left leg-right leg-pass)then switch, right hand left hand catch and pass with one hand.

Side to Side shooting (Mikan style) using the backboard and staying inside the lane

Rebound-put back then rebound drop step finish on the other side (have a partner push your waist for resistance-try to simulate contact)

Lane to Lane shooting (if alone-just spin the ball to yourself)

Drop step baseline then drop step to the middle. Work on sealing and shortening shot (should not be a hook shot)

Cones at the elbows (again if alone, just spin the ball to yourself after you turn the corner)

Outside to inside- Side step then finish at side of the rim, also dribble-spin to the outside and finish at the side of the rim.

Inside to outside- Side step then finish in front of the rim, also dribble-spin to the middle and finish in front of the rim.



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LEAPER CIRCUIT Leg Strength Conditioning Workout

This is a program I got from a guest speaker while working at the Westphal Basketball Camp in Prescott, AZ. The speaker was a 26-year old 5'7" white male named "Sarge". He credited this program for his ability to drop step dunk with two hands. He was also able to jump and extend his elbow above the rim with a running start. He did the program religiously every other day for a year and said he gained 11 inches on his vertical jump.

*NOTE: You will do 1 set of each exercise, then go back and do each set again (i.e. 1, 2, 3, 4 – then repeat)

REMEMBER TO JUMP AS HIGH AS YOU CAN ON EACH JUMP

1. Stand with your feet together and lock your knees so that you will not bend them when you do the exercise. By locking your knees you will isolate the calf muscles only and not use the other muscles involved in jumping.

Raise up on your toes so that your heels are completely off the ground. Begin jumping off the toes as quickly as you can. Remember to jump off the toes only and not to touch your heels to the ground.

Start this exercise with 2 sets of 100 jumps, then increase each week by 25 jumps until you have worked up to 2 sets of 250. Remember to do exercises 2, 3, and 4 before doing your second set of this exercise. Take a 1-2 minute rest before starting the next exercise.

2. Stand with your feet further than shoulder width apart. Bend down and touch the ground with your fingers. It should be just like you are sitting in a chair, bent at the knees with your waist keeping your back straight. Rise up off of your toes so your weight is on your heels.

Now begin to jump off of your heels. By jumping off of your heels, you will now isolate the other three muscles used in jumping. The hamstrings, quadriceps, and buttocks. Do not jump off of your toes or you will be using the calf muscles also.

Start this exercise with 2 sets of 20 jumps, then increase each week by 10 jumps until you have worked up to 2 sets of 150. Remember to do exercises 3 and 4 before doing your second set of this exercise. Take a 1-2 minute rest before starting the next exercise.

3. Stand with your right foot in front of your body and your left foot behind your body. Bend down and touch the ground with your fingers. You will notice that your weight will be on your toes due to the position you are in.

Begin to jump straight up off the ground and switch your legs in the air so that when you land on the ground, your left leg will be in front and your right leg behind you. Make sure that each time you jump and switch legs in the air; you also go all the way down and touch the ground with your fingertips. This exercise when done correctly will bring all four of the jumping muscles into play.

Start this exercise with 2 sets of 20 jumps, then increase each week by 5 jumps until you have worked up to 2 sets of 50. Remember to do exercises 3 and 4 before doing your second set of this exercise. Take a 1-2 minute rest before starting the next exercise.

4. Stand with both feet shoulder width apart. Bend down into a baseball catcher's position with your heels off of the ground. Touch your fingers to the ground between your feet. These are referred to as Frog Jumps.

Begin to jump straight up in the air and each time you jump, raise your hands straight up above your head as if you were reaching for a rebound. Each time you land on the ground, make sure to squat down into the catcher's position and touch your fingers to the ground. Each time you jump up, reach high for the rebound.

Start this exercise with 2 sets of 10 jumps, then increase each week by 5 jumps until you have worked up to 2 sets of 50. Remember to do exercises 3 and 4 before doing your second set of this exercise. Take a 1-2 minute rest after the first set before going back to Exercise 1. Once you have done each exercise twice, you are done.