

FREE STARTER PLAN

7-DAY BASKETBALL IMPROVEMENT PLAN

One focused week to build momentum with shooting, handling, finishing, defense, and reflection.

NEXT LEVEL

HOOPS

PLAYER NOTE

This guide provides a clear training structure, not a guarantee of team selection, playing time, scholarships, or specific athletic results. Adjust volume to your age and ability. Stop if you feel sharp pain, dizziness, or unusual discomfort.

BEFORE YOU START

Use this week to build a routine, not chase instant results. Each workout takes roughly 25-40 minutes. Adjust distance, speed, and volume so you can keep good technique.

DAILY WARMUP

- 2 minutes light movement: jog, skips, or jump rope
- 10 ankle rocks and 10 leg swings per side
- 10 bodyweight squats and 10 reverse lunges
- 20 controlled ball slaps and fingertip taps
- Start the first drill below game speed, then build pace

Day 1: SHOOTING FOUNDATION

- 25 close-range form makes
- 5 spots x 5 makes
- 20 free throws; record makes

Completed: ☐ Effort 1-10: ____ One note: _____

Day 2: BALL CONTROL

- 3 x 30 sec pounds each hand
- 3 x 30 sec crossovers
- 5 cone attacks each direction
- 2 minutes weak-hand only

Completed: ☐ Effort 1-10: ____ One note: _____

Day 3: FINISHING + FOOTWORK

- 10 jump stops and pivots
- 10 strong-hand layups
- 10 weak-hand layups
- 5 reverse or inside-hand finishes/side

Completed: ☐ Effort 1-10: ____ One note: _____

Day 4: RECOVERY + FILM

- 10 minutes mobility
- Watch 10 minutes of basketball
- Write 3 smart decisions you noticed

Completed: ☐ Effort 1-10: ____ One note: _____

Day 5: GAME-SPEED SHOOTING

- 20 warmup makes
- 5 spots x 5 catch-and-shoot makes
- 10 pull-up makes each direction
- 20 free throws

Completed: ☐ Effort 1-10: ____ One note: _____

Day 6: COMPLETE PLAYER CIRCUIT

- 3 rounds: 30 sec handle, 5 finishes, 5 jumpers, 3 defensive slides
- Rest 60 sec between rounds
- Finish with 10 pressure free throws

Completed: ☐ Effort 1-10: ____ One note: _____

Day 7: REVIEW + RESET

- Record what improved
- Choose one weakness
- Set next week's session goal
- Full rest or light mobility

Completed: ☐ Effort 1-10: ____ One note: _____

ONE-WEEK SCORECARD

Measure	Day 1 result	Day 7 result	Next goal
Free throws out of 20			
Weak-hand control 1-5			
Energy 1-5			
Confidence in routine 1-5			

KEEP GOING

Consistency means returning to focused work, even when every session is not perfect. Choose a clear plan, track your repetitions, and give improvement time to happen.