



Ashland Youth Basketball Workouts

APPS

Home Court App- has dribbling and shooting workouts. Uses video to track your shots and dribbling (free until April 30th)

DRIBBLING

DJ Sackmann: (All Travel)

<https://t.co/VFGysOx02V>

Shane Hennen Ball Handling: (Travel 6th-7th-8th)

https://twitter.com/Hennen_Workouts/status/1242209479514611720?s=20

Shane Hennen Weak Hand Dribbling: (Travel 6th-7th-8th)

https://twitter.com/Hennen_Workouts/status/1242949809050464256?s=20

Shane Hennen Footwork Dribbling: (Travel 6th-7th-8th)

https://twitter.com/Hennen_Workouts/status/1242600294728585216?s=20

Shane Hennen Advanced Cone Dribbling Series: (Travel 6th-7th-8th)

https://twitter.com/Hennen_Workouts/status/1245465162749968385?s=20

Shane Hennen Tight Handle Series: (Travel 5th-6th)

<https://twitter.com/CleburneHoops/status/1248060787744071681?s=20>

Reid Ouse Dribbling: (Travel 5th-6th)

<https://twitter.com/reidouze/status/1245365583992012806?s=20>

Reid Ouse Stationary Dribbling: (Travel 5th-6th)

<https://twitter.com/reidouze/status/1244807937417252864?s=20>

Reid Ouse Stationary Dribbling with cone: (Travel 5th-6th)

<https://twitter.com/bw32crawford/status/1244296125940711430?s=20>

Reid Ouse Dribbling with Tennis Ball: (Travel 5th-6th)

<https://twitter.com/reidouze/status/1243556844552978443?s=20>

TJL Training (**Travel 7th-8th**)

<https://twitter.com/tjltraining/status/1245375260909764619?s=20>

TJL Training Continuous Drag Dribble: (**Travel 7th-8th**)

<https://twitter.com/tjltraining/status/1245015826115235840?s=20>

TJL Training 30 under 30 Drill with tennis ball: (**Travel 7th-8th**)

<https://twitter.com/tjltraining/status/1244291874497671168?s=20>

Pentagon Power Basketball Youth workout #2 (**Travel 5th-6th**)

<https://twitter.com/PentagonPowerBB/status/1243941581025153024?s=20>

Sanford Power Basketball Two Ball Dribbling (**Travel 5th-6th**)

<https://twitter.com/PentagonPowerBB/status/1244292756924764160?s=20>

Sanford Power Basketball Advanced Two Ball Dribbling (**All Travel**)

https://twitter.com/Hennen_Workouts/status/1245785357792219139?s=20

Two Ball Dribbling Cross/Between the Legs(**All Travel**)

<https://basketballhq.com/between-the-legs-walking-two-ball-basketball-dribbling-drill>

1 Minute Two Ball Dribbling Workout: (**All Travel**)

<https://twitter.com/CBCVaHoops/status/1242831293836152838?s=20>

2 Minute Two Ball Dribbling Workout: (**All Travel**)

<https://www.youtube.com/watch?v=9YZYSGIUJol>

7 Minute Two Ball Dribbling Workout: (**All Travel**)

<https://www.youtube.com/watch?v=gJDqnPjwcxE>

Shooting Drills

Shane Hennen Shooting Workout: (**All Travel**)

https://twitter.com/Hennen_Workouts/status/1244683478081384451?s=20

Shane Hennen Shooting Drill, No Hoop Needed (remember to hold your follow through!)

(**All Travel**)

<https://twitter.com/SanfordPOWER/status/1245433357812596744?s=20>

Two Miss Shooting: (**All Travel**)

<https://twitter.com/PureIntensityBB/status/1244657968781701120?s=20>

Pressure Shooting: **(All Travel)**

<https://twitter.com/PureIntensityBB/status/1244303123579109377?s=20>

Baseball Shooting: **(All Travel)**

<https://twitter.com/Coachjoelfloyd/status/1243709311072849931?s=20>

Charlotte Hornets Shooting: **(All Travel)**

https://twitter.com/CoachCass_/status/1243364728627277826?s=20

Quarters Shooting: **(All Travel)**

https://twitter.com/CoachCass_/status/1243364901839495168?s=20

Inside Out Pull Up Series: **(All Travel)**

<https://twitter.com/PureIntensityBB/status/1245375998738169856?s=20>

Golf Shooting: **(All Travel)**

<https://twitter.com/PureIntensityBB/status/1245018353061834752?s=20>

X Shooting: **(All Travel)**

<https://twitter.com/PureIntensityBB/status/1243556203948621824?s=20>

Plus 3 Shooting: **(All Travel)**

<https://twitter.com/PureIntensityBB/status/1243193223994056707?s=20>

Elbow Punch Drag Shooting: **(All Travel)**

<https://twitter.com/PureIntensityBB/status/1244813960542670850?s=20>

Finishing Drills

Shane Hennen Finish Series #1 **(All Travel)**

https://twitter.com/Hennen_Workouts/status/1241885070601977857?s=20

Shane Hennen Finish Series #2 **(All Travel)**

https://twitter.com/Hennen_Workouts/status/1245082734235717632?s=20

Shane Hennen Floater Series: **(All Travel)**

https://twitter.com/Hennen_Workouts/status/1243300105836470273?s=20

Shane Hennen Mikan Two Ball Series: **(All Travel)**

<https://twitter.com/POWERBBFargo/status/1248622311139229696?s=20>

Pentagon Power Basketball Youth Finishing Workout: **(All Travel)**

<https://twitter.com/POWERBBFargo/status/1243634069105238017?s=20>

Sanford Power Basketball Footwork Finishing Workout: **(All Travel)**

<https://twitter.com/PentagonPowerBB/status/1243286280886202369?s=20>

Clockwork Athletics Finishing: **(All Travel)**

<https://twitter.com/ClockWorkSkills/status/1245477141401214976?s=20>

Rip Through Finishing: **(All Travel)**

<https://twitter.com/PureIntensityBB/status/1244445409818411008?s=20>

High Post Reverse Pivot Series: **(All Travel)**

<https://twitter.com/PureIntensityBB/status/1243363514493751296?s=20>

Post Workouts

Shane Hennen: **(Travel 7th-8th)**

https://twitter.com/Hennen_Workouts/status/1231679567099834372?s=20

Two Dribble Post Series: **(Travel 7th-8th)**

<https://twitter.com/PureIntensityBB/status/1244075295029841920?s=20>

COACHES

Great Footwork Drill with No Basketball (45 min long):

<https://www.facebook.com/TrainImPossible/videos/2598236053748166/?vh=e&d=n>