

WAG Program for Basketball

Tim Grover's Handwork Drills for Speed, Agility, and Strength.

All drills with the WAGs are focused on quickness of hand and gripping power

The weights on the fingers work the intrinsic muscles of the fingers and hands in addition to the forearm musculature

WARM-UP/BALL CONTROL DRILLS

Hand to hand around your stomach – around your head – around your leg one leg at a time
10 seconds each way – focus on building up speed

BALL HANDLING

Above the Head Tap Catches

Holding ball above your head on your fingertips, tap the ball back and forth to each hand – 25 reps

Above the Head Squeeze out

Holding ball above your head on your fingertips, squeeze ball out of one hand; catching it with the other. Repeat motion with second hand. Fingertips should come together one every squeeze. – 15 reps each hand – rest & repeat

Finger Dribbling

Focus is, as low as you can, dribble with the ball on outside of your foot. Build up to maximum speed. – 30 seconds to 1 minute, then switch hands

One Finger at a Time & Thumb

25 dribbles each digit and switch. Total dribbles – 125 each hand. As low and fast as you can. Dribble with each hand twice.

Figure 8

As low as you can, dribble ball in figure eight pattern around each leg. 30 seconds to 1 minute. – rest and repeat

Keep It Alive Dribble

A continual motion of crossover, between the legs, crossover behind, back between the legs, back to front crossover. Continue to repeat cycle for 30 seconds to 1 minute. Rest & repeat.

PASSING

Form Passing

Using partner or wall, execute proper form on passes – ie. 2 handed chest pass, overhead pass, or 1 handed pass – pass and catch. Focus on follow through of your hands and build up to maximum speed. 25 reps per technique. – Rest & repeat

2 Ball Dribble & Catch

Dribble one ball while holding the other. Can be small ball or basketball. Toss non-dribbling ball up above head level and catch with same hand. Never stop dribbling – even if you don't successfully catch the toss ball. Advance to switching hands with the dribble. Example: toss ball up, dribble between legs to hand that tossed ball up, then catch tossed ball with opposite hand you threw it with. — 25 catches rest & repeat

2 Ball Alternate Pass

With a ball in each hand stand facing a wall, pass one ball into the wall and catch it with same hand. As you catch the first ball pass the second ball into the wall, releasing the first ball as you catch the second one. Do this in an alternating pattern. To add difficulty, use a partner instead of a wall.

REBOUNDING/OFF THE BACKBOARD

2 Hand Rebound

Pass the ball off the board, jump and extend, catching ball above head, chin it and repeat.

1 Hand Rebound

Pass the ball off the board, jump and extend. Grab the ball with 1 hand, pull the ball into the other hand and chin it. Rotate hand you are catching with. 10 reps

Dantley Drill

Tap the ball off the board, land and repeat. 10 taps as fast as you can while keeping the ball above your head. Ball never leaves your hand. Rest and repeat.

Rebound Put Ins

Toss ball off the board, rebound keeping ball above head. Land and jump for shot (Dunk or lay-in). So not to let the ball down at any point. 10 reps — rest and repeat

In Air 2 Handed Taps

Trying to get 10 in a row, tap the ball off the backboard with 2 hands while in the air. Rejump as quickly as possible to keep momentum, being in air for all 10 taps. Rest and repeat

1 Handed

Same drill as above but only tap the ball with 1 hand. Switch hand on every jump. 10 reps

Mikan Drills

10 in 10 seconds is your goal. Focus on ball staying as high as possible at all times. Left leg jump, right hand shot. Grab rebound, 1 step across with right leg for right leg jump, left handed shot. Focus on balance and speed.

ATTACK STANCE

Circular Rep

Holding the ball in triple threat on right hip, bring ball up and over down to your left hip, crossing your chest area. Focus is on speed and stopping for brief pause on your hip area. 10 circular reps each way. Rest and repeat

Low Sweep Rep

Holding ball in triple threat outside of right knee, sweep ball to outside of left knee and pause. Repeat to other side. 10 low sweep rips each way. Focus on speed. Rest and repeat.

Catch and Rip

Spin ball out a few feet away from you. Catch it as if you were to shoot it. Use footwork for catch and go opposite, take 1 step and 1 dribble. Focus on opposite feet step and ripping the ball across your body.

Stance/Fake Pass

Holding ball in triple threat, fake a pass and quickly pull back returning to starting stance. i.e. overhead pass, ball reversal, chest pass, 1 handed bounce pass with assisting hand on side of ball. 10-15 each pass.

REACTIONS SPEED

Ball Toss

Get in defensive stance palms out. Have partner toss basketball or small ball to you, throwing it at different areas of your body to surprise you. Catch and pass back. Focus on building up speed of the toss. If no partner, bounce ball in front of your or off a wall waiting until it hits the ground, then explode after it. 15 each 1 handed and 2 handed catches. Rest and repeat.

Lateral Slide and Catch

Six to eight foot area. Hands shoulder level, palms up. Partner passes basketball. Catch with 1 hand and pass back as quickly as you can. You do not know which hand you will be catching the ball with. You have to react to when the ball is coming in. 15 catches. Rest and repeat.

TEAM DRILLS / ON COURT LIVE DRILLS

- ◆ 3 man weave
- ◆ 2 player zigzag
- ◆ 3 player pig in the middle
- ◆ Post player catch & finish using bad passes
- ◆ 1 dribble type shot, focus on rip, sweep, and first step.
- ◆ Jump rope or sprints for balance and added resistance
- ◆ 2 ball passing and catching drills

OTHER USAGE INFORMATION

- ◆ WAGs should be used in season as well as off season to maintain benefits and continual enhancement.
- ◆ Use 3 times a week, not exceeding 20 minutes per workout.
- ◆ Grade School to Jr. High level athletes are recommended to remove weights from back of hand.
- ◆ High School to College to pro athletes are recommended to wear with weights in back of hand.

