

ALL ACCESS

**PROVEN PLAYER
DEVELOPMENT**

CONSISTENCY

WINTER 2026

**RESULTS
DRIVEN**

CO-FOUNDER ALEX CONAWAY, COLLEGE ATHLETE
DIII (NESCAC) & PREP (NEPSAC AA) COACHING EXPERIENCE



Stationary Ball Handling Burnout

Format: 30 seconds work, 30 seconds rest, 2 sets

- **Crossover**
- **In & out, crossover**
- **In & out, between-the-legs crossover**
- **Right-hand pound dribble**
- **Left-hand pound dribble**
- **Half-court and back combo moves**



Toughness Series

Format: 2 sets

- **Backboard Taps**
 - 5 taps, no score (right & left)
 - Finish with a two-hand snatch and outlet pass
- **Front Rim Bangs**
 - 5 rim bangs, squeezing ball with two hands
 - Finish with a pump-fake score
 - Reminder: No travels
- **Mikans**
 - 8 made standard mikans
- **Reverse Mikans**
 - 8 made reverse mikans
- **One-Dribble Mikans**
 - 5 made one-dribble mikans
- **Backboard Slams**
 - 3 slams with finish (right & left)



Rip-Through Series

Format: Start on the wing, spin or drag the ball, and make 5 per side.

- **Two-foot finish layup**
- **Pro hop, two-foot finish layup at the front of the rim**
- **Villanova reverse pivot**
- **1-dribble pull-up**





5 Spots Shooting

Format: Corner, Wing, Top, Opposite Wing, Opposite Corner

- Make 20 spot-up 2's
- Make 5 free throws
- Make 20 spot-up 3's
- Make 5 free throws
- Make 3 one-dribble pull-ups going right
- Make 5 free throws
- Make 3 one-dribble pull-ups going left
- Make 5 free throws

Total Makes: 250



Timed Shooting

Format: Rebounder needed

- **50 in 5**

- Catch and shoot 3s from any spot for 5 minutes straight
- Keep track of makes
- **Goal:** Make at least 50 3s in 5 minutes

- **90-Second Shooting**

- **Shoot on the move for 90 seconds total:**
 - **Wing to Corner:** 30 seconds
 - **Elbow to Elbow:** 30 seconds
 - **Opposite Wing to Corner:** 30 seconds
- **Keep track of makes**



Conditioning

- **Defensive Lane Slides**

- 15 seconds work, 15 seconds rest
- Complete 4 sets

- **Full-Court Sprints**

- Sprint full court, down & back in 9 seconds
- Complete 4 sets





5 Tips for Complete Player Development

Develop Your Basketball IQ

Study the game at all levels—NCAA, NBA, WNBA, and international basketball. Watch how elite players read defenses, move without the ball, and make decisions under pressure. Understanding the "why" behind every play will elevate your game beyond just physical skills.

Maintain Year-Round Conditioning

Peak performance requires consistent effort. Stay in shape throughout the entire year, not just during the season. Build strength, speed, and endurance during the off-season so you're always ready to compete at your highest level.

Be Coachable and Bring the Right Attitude

Your attitude matters more than raw talent. Show up ready to learn, accept constructive criticism, and apply feedback immediately. Coaches invest in players who demonstrate humility, work ethic, and a genuine desire to improve.

Commit to the Process—No Shortcuts

There's no substitute for putting in the work. Consistent practice, proper skill development, and attention to fundamentals build a solid foundation. The players who succeed long-term are those who embrace the daily grind and trust the process.

Focus on Holistic Growth Over Rankings

While rankings provide feedback, they don't define your journey. Prioritize building meaningful relationships with coaches and teammates, developing your character, and improving every aspect of your game. Long-term development and connections will serve you far better than chasing short-term accolades.

