

Ball Handling

Chill Drill

Globetrotter Series

2 Ball Work

Alley Drills

Gannon Baker

1-2 Step Shooting

Big Shot

Celtic Shooting

Beat the Pro

32's

Five Ladders

GS/GS/GS

Star

Moon

Hubies

3-6-9-12...

Motion Series

Free Throws

Swish

Beat the Pro

NCAA Champs

PAC12 Champs

Streaks

GUARD MENU

Ball Handling

Chill Drill

Globetrotter Series

2 Ball Work

Alley Drills

Gannon Baker

Around the Basket

Chair Series

Rack Series

Superman

Motion Series

Superman

Face Up

Star/Moon

Big Shot

Hubies

Ladders

Beat the Pro

FreeThrows

Swish

Beat the Pro

NCAA Champs

PAC12 Champs

Streaks

POST MENU

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

It's suppose to be hard. If it wasn't hard, everyone would do it. The "hard" is what make it great

- Jimmy Dugan from movie A League of Their Own

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

If you train hard, you'll not be hard, you'll be hard to beat.

- Herschel Walker

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

It's amazing how much you can accomplish when it doesn't matter who gets the credit.

- Unknown

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Success will never be a big step in the future, success is a small step taken just now.

- Jonatan Martensson

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

If you don't invest very much, then defeat doesn't hurt very much and winning is not exciting.

- Dick Vermeil

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

You can't get much done in life if you only work on the days when you feel good.

- Jerry West

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

The difference between a successful person and others is not the lack of strength, not the lack of knowledge, but rather in lack of will
- Vince Lombardi

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Ask not what your teammates can do for you. Ask what you can do for your teammates.

- Magic Johnson referring to John K. Kennedy speech

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Pain is temporary. It may last a minute, an hour, a day, or a year, but eventually it will subside. Quitting lasts forever.
- Lance Armstrong

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

I will put you through hell, but in the end of it we will ALL be Champions.

- Paul "Bear" Bryant

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

The harder you work, the harder it is to surrender.

- Vince Lombardi

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Only those who will risk going too far can possibly find out how far one can go.

- T.S. Eliot

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

The question isn't who is going to let me; it's who is going to stop me.

- Ayn Rand

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

If you are not working on your game, somewhere someone else is. When you meet, they will win.

- Ed Macauley

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

You can only receive that which you are willing to give.

- Pat Riley

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

It's been my observation that most people get ahead during the time that others waste.

- Henry Ford

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Believe Deep down in your heart that you're destined to do great things.

- Joe Paterno

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

If you are not willing to work hard and establish discipline in your life, then all your dreams are pipe dreams.

- Rick Pitino

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

It's not the size of the dog in the fight, it's the size of the fight in the dog.

- Dwight D. Eisenhower

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

It's not the time you put in, it's WHAT you put into the time.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Don't mistake activity for productivity

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

I hated every minute of training, but I said don't quit, suffer now and live the rest of your life as the CHAMP

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

There are NO half-hearted Champions.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Learn to do things right, then do them right every time.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do.

- Lou Holtz

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Self confidence is the first requirement for achieving great things.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Motivation is what gets you started, habits are what keep you going

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Unless commitment is made, there are only hopes, dreams, and promises... but no plans

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

The speed of the leader determines the rate of the pack.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Never let yesterday's disappointment over shadow tomorrow's dream.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

If one knows not what harbor they seek, no light will be enough to guide them.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Your attitude determines your altitude.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

A leopard never changes its spots they just fade in and out

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Show my a player who is afraid to "look" bad, and I'll show you a player I can beat every time.

- Lou Brock

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Don't look back... someone might be gaining on you.

- Satchell Paige

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

When you come to the fork in the road...take it!!!

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Adversity causes some to break... it causes others to break records!!

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

The only place "success" comes before "work" is in the dictionary.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

I am a great believer in luck... and the harder I have worked the more of it I seem to have.

- Ben Franklin talking about discovery of electricity

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

If you chase two rabbits... both will escape.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Teamwork is the fuel that allows common people to attain uncommon results.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Practice as if you are the worst, perform as if you are the best.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Sports don't build character... they reveal it.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

The real moment of success is not the moment apparent to the crowd.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Hard work beats talent when talent doesn't work hard.

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Things come to those who wait... but only those things left behind by those who work!!

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Iron sharpens Iron

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

If you aren't willing to go all the way, why go at all?

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

Divide the fire to put it out

DATE _____

Workout # _____

Drill	Makes	Attempts	Notes
Totals			

The best ways to make your dreams come true are to wake up and work.