

IDW #10

Everyone:

2 ball dribble - (30 seconds each) - same time pound, alternate pound, 1 hi / 1 low & switch

2 ball dribble - travel to half court and back - crossover, pull back crossover, one hi one low

"Follow the shooter" - start under bucket, spin pass to spot, turn and shoot, partner follows, shoot 8 each, spin pass to different spots, start out close to gain confidence, shoot 2 fts, 2nd round, 1 dribble pull ups, finish with 2 fts

Perimeters:

Ball Handling Slalom – 4 cones / chairs spaced FT line, Top of Key, just below vball service line, center jump circle...start under goal speed dribble to FT line cone and make a 2X move at cone (crossover / crossover, bw legs / bh back, etc...) make the same move at each cone. Change up move and go through 4 times...finish last cone and jog back to rim, repeat...

"1/2 court 2X move" - place chair at 30' above top of key, start at 1/2 court, attack first chair make move then attack elbow then make 2nd move and either finish at rim or finish with shot / floater...make 10 different reps.

"Side PNR" - chair on wing, spin pass beside chair from lane and use chair as ball screen. Screen coming from top of key area...if you turn it down get to rim (finish different ways), if attack middle, pull up jumper...8 from each side

1v1 around chairs - first one to 5, make it take it...loser has a can

Posts:

"tennis ball catch" - partner with tennis ball on wing, throw bounce pass to post...make it a difficult pass to catch...keep post feet active and down in stance. "catch with feet" ... 5 catches and switch, switch sides...

"X Shots" - start under rim, spin pass to elbow, pivot low, attack opposite side of rim, rebound, spin to other elbow and attack other side of rim.

"Top flash post move" - partner is at wing with ball, flash from top of key to block, sit, post and make move...flash back to top, sprint back to block and make counter move...make 4 moves and 4 counter type moves...go both sides

"side PNR slips" - spin ball to top of key, throw to partner at wing, sprint to ball screen, quick jump stop and slip to bucket, catch on jump stop and score at rim, one dribble move...avoid charge...4 on each side

1v1 - spin pass within a 12' radius and play 1v1, first one to 5 make it make it... Loser has a can