

IDW #4

Everyone:

2 Ball Full Court:

- ✓ Power dribbles - ½ court / back
- ✓ Alternate Power Dribbles - ½ court / back
- ✓ 1 Ball Hi / 1 Ball Low – ½ court / back
- ✓ Crossover – Change speed and direction (FT line / ½ ct / FT line)
- ✓ Behind the Back – Change direction (FT line / ½ ct / FT line)
- ✓ Pullback Crossover (change speed and direction (FT line / ½ ct / FT line)
- ✓ Juggle – ½ court down and back (toss one up and dribble other)
- ✓ Push / Pull – 2 balls on side of body (same direction)
- ✓ Alternate Push / Pull – 2 balls opposite sides of body (opposite direction)

Lane Footwork: start right lane line / baseline...close out to right elbow, slide left elbow, back pedal to baseline, slide to starting point, go 2 sets of 3 rounds

1 Min. lay ups – Start under the rim with ball, spin pass to elbow chase it down, reverse pivot and attack the rim, if you spin to right elbow keep the ball in right hand and finish with right hand, if you spin to left elbow keep ball in left hand, attack and finish with left hand...repeat and go for a minute (how many can you finish in 1 minute...)

Shooting Footwork – From the wing spin yourself a pass to the top of the key/ concentrate on your footwork / come into pass low and plant on your inside foot / completely square to the rim / work on these four moves once you have squared up...

1. Shot fake / same side dribble / pull up jumper
2. Shot fake / opposite dribble / pull up jumper
3. Rip and Go / same side dribble / pull up jumper
4. Jab and Go / opposite dribble / pull up jumper
 - a. Make sure you completely square up to the basket before you make move
 - b. Focus on your feet, try and have the same footwork regardless of which move you are doing.
 - c. If you have a partner, have them stand in the paint and call out move...(shot fake opposite or hesitate same)

“Make 20” – Spin yourself a pass anywhere on the perimeter / catch and shoot / every make is worth 1 point / if you miss more than 2 in a row you must start over

“+10 / - 10” – Spin yourself a pass on the perimeter / catch and shoot / every make is worth +1, every miss is worth -1 / the goal is to get +10 before you get to -10

FT Swish – the scoring goes – made FT hitting rim (0 pts), missed FT (-1), swished FT (+1)...goal is to get to +2 before getting to -2...good FT shooters should challenge themselves to +6/-2...down and back if you don't make the number!

Perimeters:

Side PNR – Finish – finish going to rim, first dribble is a “separation dribble”, 2nd dribble is a “decision dribble”...2nd dribble get to rim and finish different each time...be creative...wrong leg / wrong hand finish, floater, scoops, running baby hook...etc

Posts:

"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...finish a different way each time...

“What got you where you are won’t keep you where you are...”
Chuck Daly / You can’t be complacent where you are...you must improve to maintain your “spot.” If you don’t improve you are losing ground on the team and vs. our opponents