

IDW #5

Push yourself and hold each other Accountable!

Everybody:

1 Ball Full Court:

- 👤 Speed Dribble – full court / both hands
- 👤 In and Out Dribble – Full court (make move at FT line / ½ ct / FT line)
- 👤 Pull back Crossover – Full court (make move at FT line / ½ ct / FT line)
- 👤 Behind the Back – Full court (make move at FT line / ½ ct / FT line)
- 👤 Between the Legs – Full court (make move at FT line / ½ ct / FT line)

Groove Your Shot - Start your sequence from about 2 feet in front of rim / make ten shots and take a step back each time / take another step back and repeat this sequence until you have reached the FT line.

"Confident 7" - 7 made shots / 3 spots - shooter/rebounder - wing, top, wing - 12' - 15', step into shots and make 7 from each spot - rebounder get them in rhythm... Start talking to each other

*** posts add short corner - you have 5 spots

"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

Posts: 5 FT's between each drill!!!

- 👤 Miken (10 makes), Reverse Miken (10 makes), Superman (10 Makes), Superman Hooks (8 makes) – go quick and work on staying low and on balance
- 👤 Lane slide post footwork – partner with ball at top of key (maybe 28') – post starts sliding lane line to lane line and after a couple the ball is thrown to post and he reverse pivots, faces bucket and 1 dribble to rim, each post makes 5 then switches...again, make different moves.
- 👤 Flash, Rip , Attack – start in short corner, skip pass to opposite wing, flash to top of key catch ball rip through body and get to goal in 1 dribble (you should finish same side you started on), do six reps on each side...any misses start over
- 👤 2v0 Hi Low Feeds – 2 wings, 2 posts (1 wing if need) – posts start on blocks – one post flashes to top, other post stays between the ball and the bucket...ball is thrown to top and ball is fed to low post – post move is made in middle of lane...each post gets 5 low mid-post moves...vary your post moves...footwork!!!
- 👤 W Post drill – 7 shots, start right short corner, rebounder with ball(s), short corner shot, sprint to ½ court, sprint to right block, make post move, sprint to ½ court, sprint to top and shoot trail 3, ½ court and back to left block, make move ½ court and back to left short corner, ½ court, catch outside arc and make move to rim, ½ court, catch outside arc and make move to rim...loser runs can...34 secs. 6 lengths
- 👤 Lateral Slides: Push yourself – show on back (3X Thru) – sprint to top of key...2 hard slides right, 2 hard slides to left back to middle, sprint to center jump circle, repeat...
- 👤 Lane Slides- go for 30 secs – 3 sets...push yourself!!!

Perimeter: 5 Ft's between each drill!!!

- 👤 “Handle it in the box” – extend the lane lines all the way to half court, you and partner start at ½ court, dribble must maintain dribble inside the lane lines all the way to top of key, defense is fouling, hacking, slapping and making offense work...dribble stay facing the rim...handle under pressure...once offense makes the top of key, defense let them go for layup...5 trips each...
- 👤 Spin pass fill behind – 2 people, one in corner and one with ball in middle of lane, spin pass to top of key, pivot low and attack lane line and pitch to shooter filling to wing, shooter follow shot and then spin pass to top of key, initial passer goes to corner...as a team you must make 12 shots
- 👤 Feed the post relocate – one partner in lane and one partner with ball, take dribble and feed the post (fake and pass and make a pass), post hold for second and then feed the perimeter after they have relocated on the perimeter...make 10 and switch...if you feed low move to top and vice versa...
- 👤 10 made from 5 spots – partner rebounds and passes – corner, wing, top, wing, corner...get in rhythm!
- 👤 Boxes – Push yourself!!! (2X thru) shown below
- 👤 Lane Slides- go for 30 secs – 3 sets...push yourself!!!