

IDW #6

Everyone:

- 👂 **Spin Shots** – with a partner, (1) spin pass to spot on floor reverse pivot get to rim (1 pt), partner follows, (2) spin pass to spot, 1 dribble pull up (2 pts), partner goes (3) spin pass, pivot, shot (3 pts)...first player to 30 pts. Go through it 2X, loser gets 20 push ups
- 👂 **Make 10 at 5 spots** – shooter start in corner, must make 10 in corner, wing, top, wing, corner...rebounder work...make all weakhand passes
- 👂 **“Celtic Drill”** – same spots as above, you must make 2 at each spot...go corner, wing, top, wing, corner, corner, wing, top, wing, corner (10 total spots) try to do it in less than 2 minutes...posts go at 15’
- 👂 **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!

Posts:

- 👂 **Backboard pounds**...2 hands on ball bounce and hit backboard with ball as hard as you can, bounce right back up hit back board again, repeat 4 times and score the 5th bounce...right side then left side
- 👂 **One hand tip drill**...right side of goal, right hand tip, 4 tips score the 5th with no off hand (keep ball with just right hand...left side...do 2 on left side for a total of 3 reps (1 rt, 2 left)...
- 👂 **Elbow jumpers**...start left short corner, skip pass to partner flash to right elbow, get 10 shots, 5 FT’s between sets, left side jumpers...
- 👂 **Reverse Pivot moves**...4 spots at 10’, short corner, rt lane line, left lane line, left short corner...4 balls on floor, sprint to spot, reverse pivot and make simple quick move, make counter move at next spot, repeat...do 3 total rounds (12 moves) 1 goes, 1 rebounds and puts balls back on spot...
- 👂 **Side PNR Pops** – start opposite short corner, skip pass, sprint to wing (partner), partner take one hard dribble middle, pop to short corner area (3 if you want / can)...get 10 reps on both sides...rebound the misses!!! Compete vs. partner...best out of 20 is winner...loser has can...
- 👂 **1v1 around elbows**...start on lane lines, one with ball, one without ball, dribble ball to outside chair curling to middle, def sprint outside to middle and then play 1v1...play to 5, loser has a can (34 secs)...

Perimeter:

- 👂 **5 dribble moves from 1/2 court:** 5 moves – hesitate, crossover, hesitate crossover, in / out, pull back cross over, start at 1/2 court, attack chair at 3 point line, finish at rim (1 more dribble after move to rim), score on power layup!, rebound make move at top of key then go to left side, repeat...should make same move 4 times (2 for layups / 2 to 1/2 court)
- 👂 **"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
- 👂 **Spin 1v1:** spin pass to arc, partner trails and plays defense, play game to 8 stops! 2 seconds / 2 dribbles!...loser has can