

IDW #8

Everyone:

- 🌀 Groove shot – start under rim – make 5 at each spot, 4 spots working back to FT line, swishing as many as possible, take guide hand off till you reach the FT line, concentrate on balance, and follow through,...2 feet, 5 feet, 10 feet, 15 feet
- 🌀 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
- 🌀 1/2 court dribble moves - 5 moves, direct drive, crossover, hesitate, In out, pull back crossover...make all 5 moves on left and right side of floor, vary your finishes at rim

Posts:

- 🌀 Skip flash to top of key rip and go – 5 reps each side
- 🌀 Mid PNR slips - 10 reps set a trail ball screen and slip to bucket, partner throw to mid lane area, catch under control score on power move
- 🌀 Make 5 in a row put backs count...spin pass to yourself between 10'-15' turn shoot, must get rebound before it hits ground make or miss, score miss before hits ground...gotta get 5 in row..
- 🌀 1v1 around elbows - play to 6, make it take it, offense start on right block

Perimeter:

- 🌀 2X moves at top of key - 1/2 court make move at top of key, make move at elbow, finish at rim...again be creative on finish, hard quick violent move at top and at elbow...make 4 moves going both ways
- 🌀 Eastman moves - start on sideline top of key extended, attack top of key and crossover to a 1 dribble pull up... 5 reps both sides
- 🌀 Spin attack fill behind shots – gotta make 4 in a row...spin pass attack lane pitch to guy filling up behind arc, shooter gets rebound, passer goes to shooter. Go on right side and then switch to left side...
- 🌀 Spin 1v1 – play to 6 stops...if you get a stop stay on defense, if you score go to defense...spin pass to 3 pt line area, offense 2 dribbles 2 seconds...game like