

IDW #9

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 –
- 👤 Lateral Slides – Sliding technique – shown on back
- 👤 Boxes – Sliding technique...shown on back

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.
- 👤 Chair Reverse pivot moves – 2 short corners / 2 elbow area – a ball in each chair...flash to short corner, reverse pivot, 1 dribble to rim (partner put ball back in chair), flash to elbow area, reverse pivot, 1 dribble move...repeat...go through 2 times (8 total moves)
- 👤 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.

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 shots – spin pass to yourself at arc...15 makes off 1 dribble pull ups...
- 👤 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!