



Homework (Ball Handling)

Session 3

Quote of the Day

- *“The company you keep will determine the trouble you meet.”*
-

Please schedule a thirty-minute workout three times over the next week. Each section of drills should be worked on for 15 minutes.

Ball handling

- 2 Ball Stationary (Basic)
 - o Both High
 - o Both High Alternate
 - o Both Low
 - o Both Low Alternate
 - o Extra-credit: throw both balls up regain dribble
- 2 Ball Stationary (Advance)
 - o Dribble & Pass
 - o Switch Hands
 - o Switch Balls
 - o One High, One Low
 - o Extra-credit: 2 ball wrap-around 2 legs

Inside Play

- Power layup
 - o Drive in for layup and use jump stop
- Drop step
 - o Towards baseline and shoot layup
- Turn, face defender and jab step
 - o Forward pivot, jab step and shoot bank shot
 - o Reverse pivot, jab step and shoot bank shot