



## Homework (Ball Handling)

### Session 1

#### Quote of the Day

- *“A person’s true character is revealed by what he does when no one is watching.”*
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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

- Moving
  - Walking figure “8”
  - Control dribble
  - Butt kicks
  - Power dribble
  - Control / crossover
  - Control / between legs

#### Shooting

- Shooting
  - Wrist stretching
  - Form shooting (one hand) / use only strong hand
  - Form shooting (two hands)
  - Form shooting (two hands), with basketball
  - Form shooting (two hands, 1-2 step – no dribbling), with basketball
  - At basket
    - Nothing but net
    - Two handed layup – using backboard, with basketball (with 1-2 step)
    - Two handed “bank-from-block” – using backboard, with basketball (with 1-2 step)