



Homework (Ball Handling)

Session 4

Quote of the Day

- *“Whether you think that you can, or think that you can’t, you are usually right.”*
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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

- Stationary
 - Machine Gun Feet – Crossover Dribble
 - Skip in Place, Through Legs in Front
 - Skip in Place, Through Legs from Behind
- Moving
 - Run & Kill
 - Walk, Wrap Behind Back
 - Walk, Crossover Behind Back
 - Walk-thru Legs in Front
 - Walk-thru Legs from Behind
 - Walk Backwards, Through Legs (Front)

Defense

- Fundamental Defense Circuit
 - Close-out
 - Drop-step (and retreat)
 - Shuffle-step (horizontally)
 - Backpedal
- Zigzag (predictable)
 - Offensive player alternates 3 dribbles each way
 - Offensive’s player angle should be 45 degrees
 - Defensive player performs drop and retreat steps