



Homework (Ball Handling) Session 5

Quote of the Day

- *“Be more concerned with your character than your reputation.”*
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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

- Build Quickness
 - Around head
 - Around waist
 - Around both legs
 - Around one leg
 - Straddle flip
 - Figure “8”
 - Figure “8” behind back

 - Speed dribbles
 - Knee high dribble
 - Waist high dribble
 - Super high dribble

Shooting

- Dribble drill
 - Corner dribble from wing – both sides
 - Foul line dribble from wing – both sides
- Self pass
 - Corner self pass from wing – both sides
 - Foul line self pass from wing – both sides
- Jab step
 - From mid-wing area, jab step with right & left feet – both sides