



Homework (Ball Handling) Session 7

Quote of the Day

- *“The smarter and harder I work, the luckier I get.”*
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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

- Building Quickness
 - o Speed Dribbles
 - Knee high
 - Waist high
 - Super high
 - o Kills
 - One-hand kill (starting high w/ one-hand)
 - Kill crossover (starting high w/ one-hand)
 - Kill / Between legs
 - Kill / Behind back
 - o Speed crossover
 - o Wide crossover

Inside Play

- Jump for the ball, part 1
 - o Form line at short elbow area
 - o Coach throws basketball off backboard
 - o Camper rebounds basketball at highest point
 - o Grasp basketball with two (2) hands, chin basketball & pivot
 - o Pass to next camper
- Jump for ball, part 2
 - o Form line at short elbow area
 - o Coach throws basketball off backboard
 - o Camper rebounds basketball at highest point
 - o Comes down, then goes back up to shoot layup
 - o Retrieve ball from basket & pass to next camper