



## Homework (Ball Handling)

### Session 6

#### Quote of the Day

- *“Wrong is wrong even if everyone is doing it. Right is right even if no one is doing it.”*
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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

- 2 Ball Stationary (Advance)
  - o Tap 1, circle the other
  - o Tap 1, circle the other and switch hands
  - o Figure 8 replacement
  - o Front “Vs”
  - o Side “Vs”
  - o Side “Vs” alternate
- OPTIONAL: 2 Ball Stationary (Basic)  
*For younger players*
  - o Both high
  - o Both high alternating
  - o Both low
  - o Both low alternating
  - o High to low
  - o Switching hands
  - o Switching balls

#### Offensive Moves

*Start from right wing, then left wing*

- Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Layup [start from right elbow]
- Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Layup [start from left elbow]
- Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Bank-from-the-Block [start from right elbow]
- Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Bank-from-the-Block [start from left elbow]