



## **Homework (Shooting)**

### **Session 3**

Quote of the Day

- *“Everything you need is already inside of you. Just do 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.

### **Shooting**

- Form Free-throw Shooting
  - Shoot from 3 – 5 feet away
  - Develop routing
  - Feet, elbow, dribble, see rim, dribble & shoot
  - 2 shots (5 sets)
- Elbow jump shots
  - 2 spots needed at each elbow (right & left)
  - If necessary, move spots closer to basket
  - 5 shots (3 sets per side)

### **Inside Play**

- Butt-to-Butt
  - Pair with someone
  - Both participants should be in “strong” 2-point stance and hip-to-hip or butt-to-butt
  - When both participants are ready, each participant attempts to move other participant “out-of-imaginary-circle”
  - Participants should go against each other 3 times at approximately 7 seconds each
  - Participants should go 50%, 75% & optionally 100% - don’t want them to hurt each other