



Homework (Shooting)

Session 2

Quote of the Day

- *“The quieter you become, the more you can hear.”*
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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

- Spot Jump-Shooting Drill
 - o Lay out five (5) spots
 - o After shooting five (5) shots, rotate clockwise
- Screen shooting (around cone)
 - o Layout two (2) cones in short-elbow area
 - o Player drops ball, step/pivot around cone and shoot jump shot
 - o Five (5) shots from each cone

Defense

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