



Homework (Shooting)

Session 5

Quote of the Day

- *“10% of life is what happens to you. 90% is what you are going to do about 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

- Dribble Drill
 - o Corner dribble from wing – both sides
 - o Foul line dribble from wing – both sides
- Self Pass
 - o To corner from wing – both sides
 - o To foul line from wing – both sides

Offensive Moves

Start from short wing area (camper shoots layup or short jump shot)

- Crossover
- In & out move
- Between legs
- Behind the back
- Spin