



Homework (Shooting)

Session 4

Quote of the Day

- *“Shoot for the moon. Even if you miss, you'll land among the stars.”*
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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

- Transition/Pressure Lay-up
 - o From half court (in corner), player drives towards basket for layup (full speed)
 - o 5 layups (each side)
- Euro-step Lay-up
 - o From half court (in corner), player drives towards basket for layup
 - o As player approaches basket, player should step with outside foot, then push of outside foot back to inside to finish layup
 - o 5 layups (each side)

Ball Handling

- Stationary
 - o Machine Gun Feet – Dribble
 - o Skip in Place, Through Legs in Front
 - o Skip in Place, Through Legs from Behind
- Moving
 - o Run & Kill
 - o Walk, Wrap Behind Back
 - o Walk, Crossover Behind Back
 - o Walk-thru Legs in Front
 - o Walk-thru Legs from Behind
 - o Walk Backwards, Through Legs (Front)