



Homework (Shooting)

Session 7

Quote of the Day

- *“If it is important to you, you will find a way. If not, you will find an excuse.”*
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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

- Behind the Back Dribble Drill
 - Dribble, behind-the-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)
- Pull Back Dribble Drill
 - Dribble, step-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)

Inside Play

- Power layup
 - Dribble from wing to basket
 - Perform jump stop
- Drop step to baseline
 - Position at low/mid block
 - Drop step
 - Shoot layup
- Turn, face defender and jab step
 - Position 3 feet outside of low-block area
 - Forward pivot, jab step and shoot bank shot