



Homework (Shooting)

Session 6

Quote of the Day

- *“No is a really important word, and is used (if necessary) by tough-minded people.”*
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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

- Jab-step
 - o And shoot
 - o Both sides, jabbing with outside foot
- Quick-shot drill
 - o Jab-step, one dribble & shoot
 - o Both sides, jabbing with outside foot

Defense

- Lane slides
- Zig-zag (shuffle, cut-off, drop-step & shuffle) – pair in 2s
- Zig-zag (shuffle, turn hips (& run), cut-off, drop-step & shuffle) – pair in 2s