



## Homework (Offensive Moves) Session 2

Quote of the Day

- *“One who makes no mistakes never makes anything.”*
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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.

### Offensive Moves

*(Start inside of right & left wing areas)*

- Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Layup
- Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Layup
  
- Throw (to elbow) → Catch (square up) → Shot Fake → Right Foot Lead (dribble) → Bank-from-the-Block
- Throw (to elbow) → Catch (square up) → Shot Fake → Left Foot Lead (dribble) → Bank-from-the-Block

### Inside Play

- Drop step
- Drop step, up-and-under
- Reverse pivot, bank shot - *position 2 steps outside low block area*