



Homework (Offensive Moves)

Session 4

Quote of the Day

- *“It’s what you learn after you know it all, that counts.”*
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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

(Have someone be your partner)

- Shots off pass (elbow)
(2 balls / 2 lines)
 - Offensive player at elbow
 - Defensive player at baseline
 - Defender passes ball to offensive player
 - Defensive player closes out on offensive player
 - Offensive player executes shot fake, takes one dribble then shoots basketball
- Shots off pass (corner)
(2 balls / 2 lines)
 - Offensive player in corner
 - Defensive player at low block
 - Defender passes ball to offensive player
 - Defensive player closes out on offensive player
 - Offensive player executes shot fake, takes one dribble then shoots basketball

Shooting

- Triangle Shooting Drill #1
 - One line, start under basket, player dribbles around cone in (short) wing area, turns and shoots (straight-in), gets rebound, repeats on other side
- Triangle Bank Shot Drill #2
 - One line, start under basket, player dribbles around cone in low-block area, turns and shoots (off backboard), gets rebound, repeats on other side