



## **Homework (Ball Handling & Defense)**

### **Session 2**

Quote of the Day

- *“You can do more good by being good than any other way.”*
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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.

### **Defense**

- Lane slides
- Close-out & Zig-zag
  - o Close-out from half-court to offensive player (at baseline)
  - o Zig-zag (from baseline to half-court)
  - o Repeat
- Take Charge
  - o Falling
  - o Touch with ball
  - o Optional: Coach drives into player (low velocity)

### **Offensive Moves**

*(Start at top of key)*

- Throw → Catch → Shot Fake → Right Foot Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Right Foot Crossover Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Crossover Lead (dribble) → Power Layup