



Homework (Ball Handling & Defense)

Session 5

Quote of the Day

- *“The true measure of who we are is what we do with what we have.”*
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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 w/ no hands (continuous)
- 1-on-1
 - o Pair in 2s (one offensive player & one defensive player)
 - o Position at top-of-key
 - o Each player should be of equal skill level
 - o Defender must play offensive player with hands behind back (emphasis on feet movement and position)
 - o Defender should stay between man-and-basket
 - o Offensive player gets 5 dribbles and attempts to score
 - o Once shot is taken, defender should block out (may use arms and hands at this point)

Offensive Moves

(Cones at each elbow)

- Jab step → Shoot jump shot
- Jab step → Shot fake → Dribble drive → Shoot layup
- Jab step (don't retreat jab step) → Step w/ Jab foot → Dribble drive → Shoot layup
- Optional: Jab step → Shot fake → Crossover Step → Dribble drive → Shoot layup
- Optional: Jab step → Shot fake → Dribble drive → Step back → Shoot jump shot