



Homework (Ball Handling & Defense) Session 1

Quote of the Day

- *“Pain of disciple. Pain of regret. Your choice.”*
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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
- Zig zag (on air)
- Close-out
Vertical line within lane starting at dotted circle
Notes: Close-out to half court, retreat slide to wing, horizontal slide to opposite wing, backpedal & 3 push ups

Shooting

- Banker’s Hours
 - o Form two lines (on left & right blocks)
 - o Aim for 11 & 1 o’ clock
- Nothing But Net
 - o 2 feet away in front of rim
 - o 1 dribble and 2 steps
 - o Shoot Ball Straight In