



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

### **Session 3**

Quote of the Day

- *“You can catch more flies with honey than with vinegar.”*
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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 (shuffle, cut-off, drop-step & shuffle)
- Close-out & Zig-zag (shuffle, turn hips (& run), cut-off, drop-step & shuffle)

### **Inside Play**

- Butt-to-butt
- Box-out drill
  - o Line up in pairs on wing (one offense, one defense)
  - o Next pair proceeds to elbow
  - o On coaches command, offensive player either goes right or left
  - o Defensive player places hand on offensive player, performs reverse pivot and boxes out
- Close-out & box-out
  - o Offensive player at elbow
  - o Defensive player at baseline
  - o Defensive player passes ball to offensive player, then closes out on offensive player
  - o Offensive player shoots ball
  - o Defensive player places hand on offensive player, performs reverse pivot and boxes out