



Homework (Ball Handling & Defense)

Session 4

Quote of the Day

- *“As long as you keep getting up, you will never fail. Never give up.”*
-

Please schedule a thirty-minute workout three times over the next week. Each section of drills should be worked on for 15 minutes.

Defense

- Zig-zag (predictable)
- Zig-zag (unpredictable)
- Skip pass defense
 - o 2 cones on wings (simulate skip pass by yelling skip)
 - o On skip, defender (head under rim) closes out to opposite wing. Afterwards, defender slides to baseline.

Shooting

- Spot Jump-Shooting Drill
 - o Lay out five (5) spots
 - o Form 2 Lines among 5 spots (*start line “1” on spot “1”, start line “2” on spot “3”*)
 - o After each person shoots five (5) shots, rotate clockwise
- Screen shooting (around cone)
 - o Layout two (2) cones in short-elbow area
 - o Player drops ball, step/pivot around cone and shoot jump shot
 - o Five (5) shots from each cone