



Homework (Ball Handling & Defense)

Session 6

Quote of the Day

- *“Do not let what you cannot do interfere with what you can do.”*
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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

- Inside rebounding
 - Front pivot (versus shooter)
 - Pair players in mid-post area
 - One offense (with basketball), one defense
 - Offensive player has and shoots basketball
 - Defensive player forward pivots, blocks out, finds and pursues basketball

Inside Play

- *Positioning*
 - *Position camper at high-mid post*
 - *Camper drops basketball and hops to catch with back facing basket*
 - *Have camper perform moves on both sides (right & left)*
- Front Pivot 1 (towards baseline)
 - Ball fake towards middle
 - Forward pivot towards baseline
 - Shoot bank shot
- Front Pivot 2 (towards baseline)
 - Ball fake towards middle
 - Forward pivot towards baseline
 - Perform up & under and shoot layup