



Homework (Ball Handling & Defense)

Session 7

Quote of the Day

- *“Tell the truth or someone will tell it for you.”*
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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

- Footwork (Line drills)
 - Front & back
 - Side to side
 - Box drill
 - Clock drill
- Zig-zag
- Zig-zag tricky

Shooting

- Behind the Back Dribble Drill
 - Dribble, behind-the-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)
- Pull Back Dribble Drill
 - Dribble, step-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)