



Homework (Shooting & Inside Play) Session 1

Quote of the Day

- *“Whatever happens, take responsibility.”*
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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.

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

Inside Play

- Butt-to-butt
- Sky high
- Two-handed (defensive) rebound, with pivot
- Two-handed (offensive) rebound, with shot

(Campers are positioned in lane, 3 feet in front of right/left side of backboard. Coach/player tosses ball off backboard. Camper secures rebound at highest point, landing on solid base.)