



## Homework (Shooting & Inside Play)

### Session 3

#### Quote of the Day

- *“Be a blessing to someone today.”*
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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

- Form Free-throw Shooting
  - Shoot from 3 – 5 feet away
  - Develop routing
  - Feet, elbow, dribble, see rim, dribble & shoot
  - 1 – 2 shots per kid
- Elbow jump shots
  - 2 spots needed at each elbow
  - Form lines behind each spot
  - If necessary, move spots closer to basket
  - 1 shot per kid, afterwards kid rotate to other side

#### Inside Play

- Stop & seal drill
  - “Defensive” camper should engage, seal and hold “offensive” camper
- Stop, seal & hold away from basketball
  - Basketball is on floor behind “defensive” camper
  - “Defensive” camper attempts to keep “offensive” camper away from basketball for 5 seconds
- Stop, seal, find ball & secure rebound
  - Line campers (in 2s) at elbow
  - Coach shoots ball
  - “Defensive” camper attempts to box out “offensive” camper and secure rebound