



Homework (Shooting & Inside Play)

Session 5

Quote of the Day

- *"Today I will do what others won't, so tomorrow I can do what others can't."*
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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

- Dribble Drill
 - o Corner dribble from wing – both sides
 - o Foul line dribble from wing – both sides
- Self Pass
 - o To corner from wing – both sides
 - o To foul line from wing – both sides

Inside Play

- Short corner jump shot
 - o Post drops to short corner (on top dribble)
 - o Dribbler start at wing
 - o Post player starts at mid-post
- Elbow jump shot
 - o I-cut (on baseline dribble)
 - o Dribbler start at wing
 - o Post player starts at mid-post