



## Homework (Shooting & Inside Play)

### Session 4

#### Quote of the Day

- *“Nothing is particularly hard if you divide it into small jobs.”*
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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

- Transition/Pressure Lay-up
  - o Pair campers in two's at/near half court
  - o Each pair has one basketball (one on offense and one on defense)
  - o Defensive player has ball and is positioned at/near half court in corner
  - o Offensive player is positioned approximately seven (7) feet in front of defensive player towards basket
  - o Defensive player passes ball to offensive player
  - o Offensive player catches ball, turns and drives towards basket for layup, while defensive player runs to contest/block shot
  - o Rotate campers next time pair is up
- Euro-step Lay-up
  - o Pair campers in two's at/near half court
  - o Each pair has basketball (one on offense and one on defense)
  - o Pairs should be parallel, but approximately 10 feet apart
  - o Offensive player has basketball, drives towards basket for layup, while defensive player runs to contest/block shot
  - o Offensive player steps with outside foot, then pushes off that foot back to the inside of defender to finish layup
  - o Rotate campers next time pair is up

#### Inside Play

- Turnaround baseline (pivot) jump shot
  - o Setup at mid-post area
- Turnaround middle (pivot) jump shot
  - o Setup at mid-post area