



Homework (Shooting & Inside Play)

Session 2

Quote of the Day

- *“Review your goals twice every day in order to be focused on achieving them.”*
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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

- Spot Jump-Shooting Drill
 - o Lay out five (5) spots
 - o Form 2 Lines among 5 spots (*start line “1” on spot “1”, start line “2” on spot “3”*)
 - o After each person shoots five (5) shots, rotate clockwise
- Screen shooting (around cone)
 - o Layout two (2) cones in short-elbow area
 - o Player drops ball, step/pivot around cone and shoot jump shot
 - o Five (5) shots from each cone

Inside Play

- Power layup
- Drop step layup
 - o Camper may drop step, forward pivot or reverse pivot
- Turn & face bank shot
 - o Camper starts from mid-post, extended towards mid-wing
 - o Camper turns (front/reverse pivot), faces defender, jab steps & shoot bank shot