



Homework (Shooting & Inside Play)

Session 7

Quote of the Day

- *“Great minds discuss ideas; average minds discuss events; small minds discuss people.”*
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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

- Behind the Back Dribble Drill
 - Dribble, behind-the-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)
- Pull Back Dribble Drill
 - Dribble, step-back & shoot (both sides – on right, first dribble right hand & on left, first dribble left hand)

Inside Play

- Jump stop, reverse layup
 - Start from (short) wing
 - Be sure shoulders are square prior to shooting
- Two-dribble power, drop-step layup
 - Start two-steps outside of block