



Homework (Shooting & Inside Play)

Session 6

Quote of the Day

- *“Everyone you will ever meet knows something you don’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

- Jab-step
 - o And shoot
 - o Both sides, jabbing with outside foot
- Quick-shot drill
 - o Jab-step, one dribble & shoot
 - o Both sides, jabbing with outside foot

Inside Play

- Go Get It Drill
 - o Players line up in paint
 - o Coach throws ball off backboard (ball should come off opposite side of backboard)
 - o Player should explode and “go get the ball”
- Box-Out Drill
 - o Players paired at free throw line
 - o One offensive and one defensive player
 - o Coach shoots ball
 - o Defensive player engages, seals and boxes out
 - o Defensive player “go gets basketball”