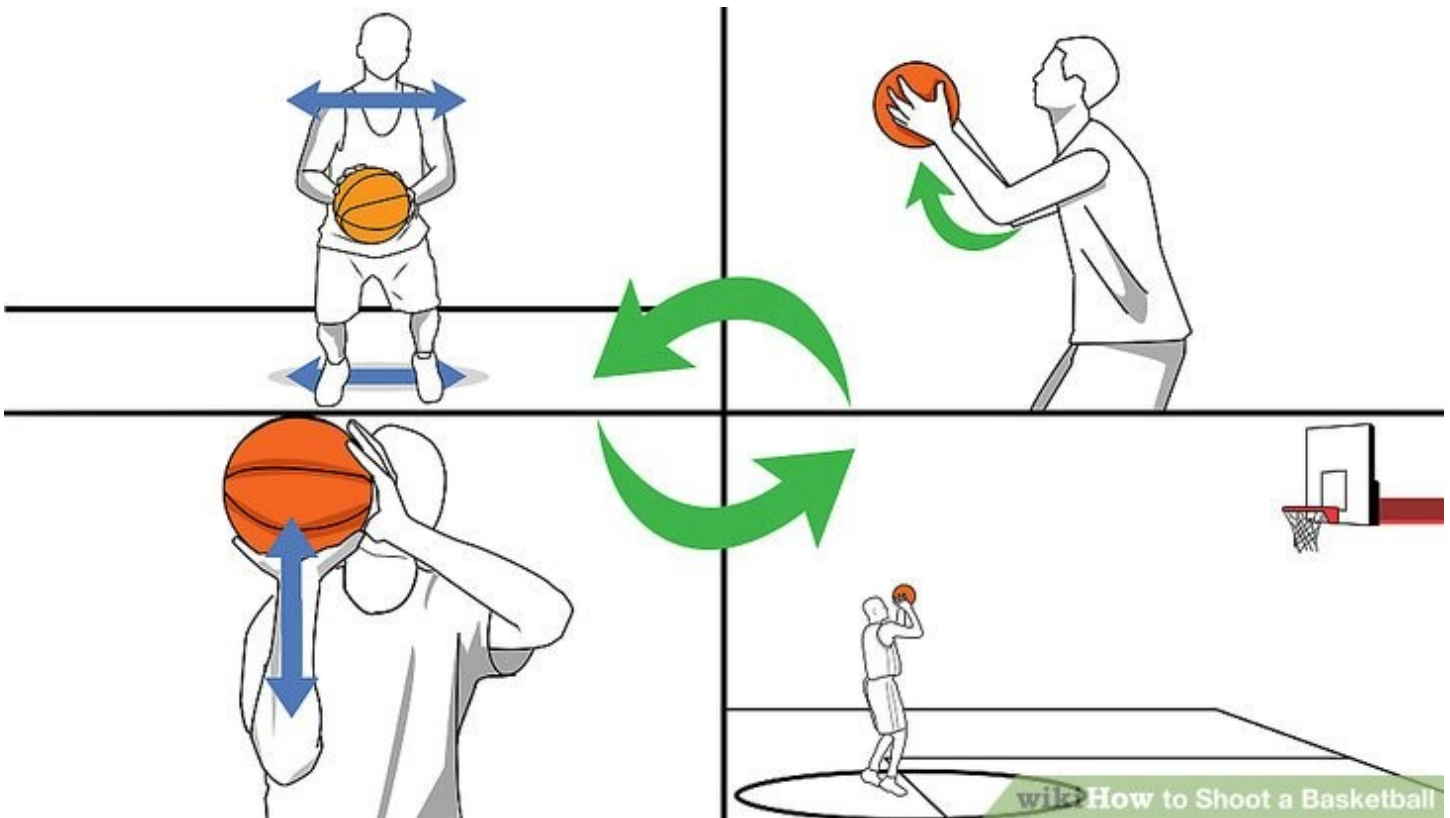






Dynamic Stretches

- **High Knees**
- **Bottom - Kickers**
- **Hydrants (Up & Outs)**
- **Frankensteins**
- **Lunges & Side Lunges**
- **Defensive Slides**
- **Jog Halfspeed**
- **In Between a Jog and a Sprint**
- **Sprint Full Speed!**



Form Shooting

- **Stand 1 Foot in Front of the Rim**
- **Make 2 Shots in a Row**
- **After Making 2 Shots in a Row**
- **Take One Step Back and Repeat**
- **Finish at the Free Throw Line**

Focus

Feet Shoulder Width Apart

Index Finger of Shooting Hand Under Middle of the Ball

All Together Bend Knees and Push Ball Up & Over the Rim



4 Dribble Pound Series

- **2 Dribbles with Right Hand**
- **Crossover Right Hand to Left Hand**
- **Crossover Back from Left Hand to Right Hand**
- **4 Total Dribbles - Repeat 5x and Switch Sides**
- **Can Add any Move to 3rd and 4th Dribble**

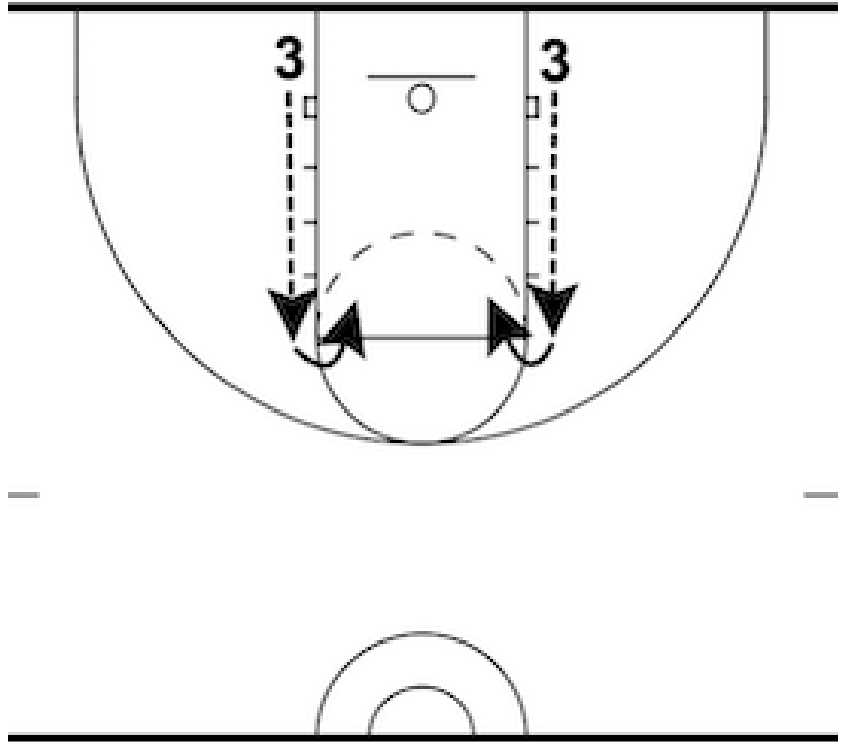
Focus

Balanced Base - Knees Bent and Legs Shoulder Width

Using Your Finger Tips to Push the Ball Into the Floor

Dribble the Ball Hard Pounding the Floor

Challenge Yourself with Speed and Difficulty of Moves



Jump Stop / Pivot Drill

- **Start at the Block or at the Elbow**
- **Spin the Ball to Catch on a Jump Stop (Both Feet Land Same Time)**
- **Pivot off of Left Foot or Right Foot to Face the Basket**
- **Take 1 to 2 Dribbles to Get to the Rim Shooting a Layup**
- **Work for 1 Minute Straight to see how many you can make**
- **A Good Goal is to make 8 in 1 Minute**

Focus

Start Slow, then Go Faster when you feel comfortable

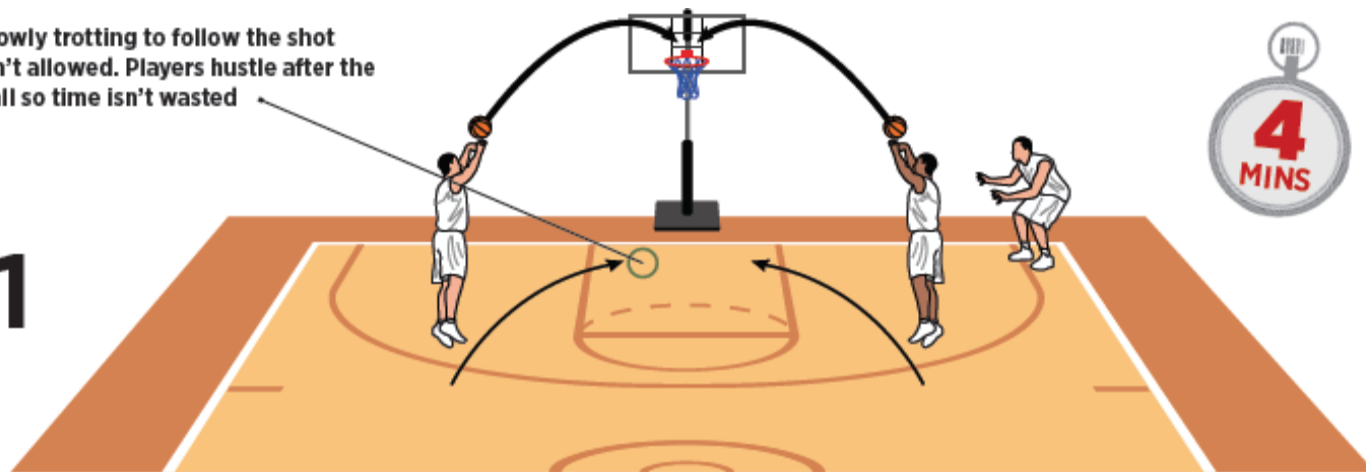
Jump Stop - Land on Both Feet

Turn on Either Foot to Face the Basket & Focus on Finish!

Slowly trotting to follow the shot isn't allowed. Players hustle after the ball so time isn't wasted



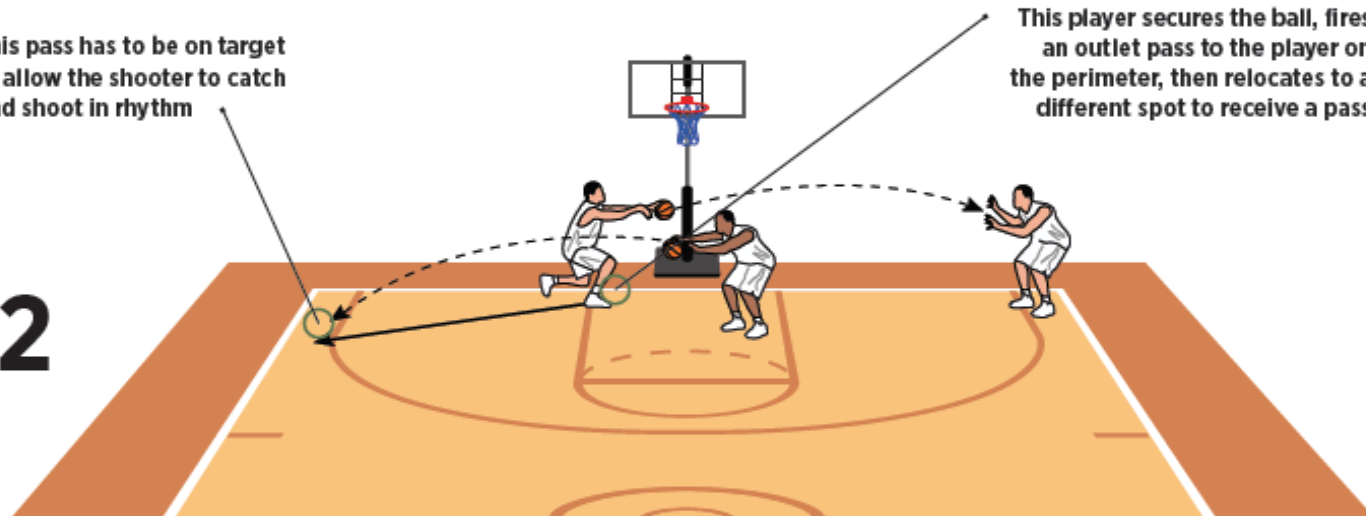
1



This pass has to be on target to allow the shooter to catch and shoot in rhythm

This player secures the ball, fires an outlet pass to the player on the perimeter, then relocates to a different spot to receive a pass

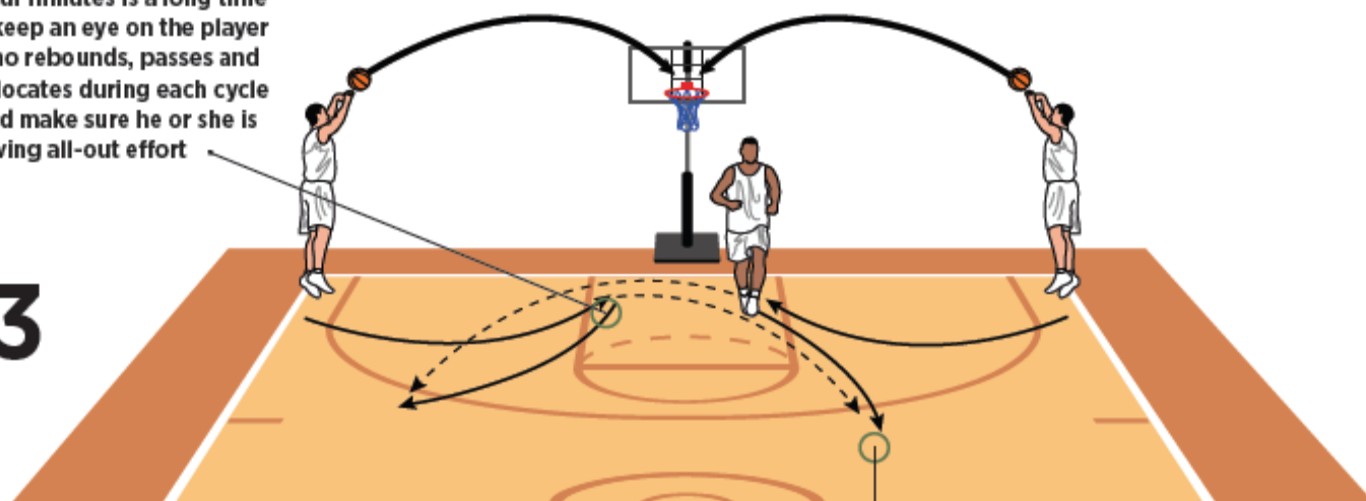
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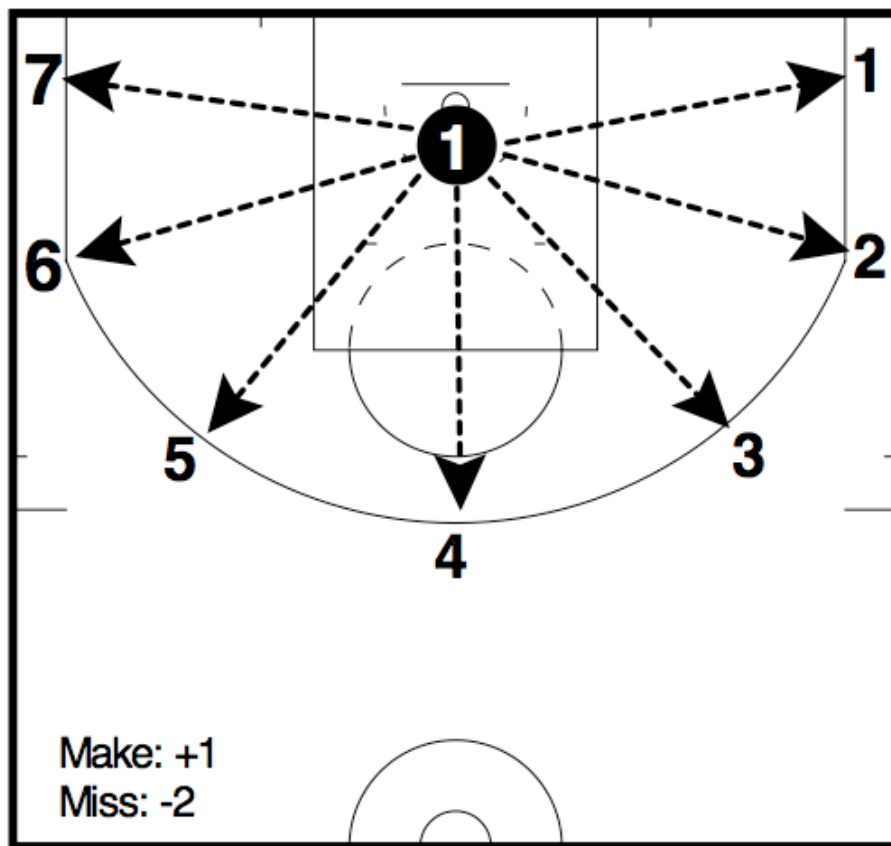
3 Player - 2 Ball Shooting

Four minutes is a long time - keep an eye on the player who rebounds, passes and relocates during each cycle and make sure he or she is giving all-out effort

3



The player who didn't shoot in the previous diagram hustles to the perimeter - again being in a shooting rhythm is key



Beat the Pro

- **Catch and shoot for 1 to 3 minutes.**
- **Can be any shots you want (3 Pointers, Blocks, Layups)**
- **If you make a three-point shot, your score increases by 1 point.**
- **If you miss a three-point shot, your score decreases by -2.**
- **Shoot for 2 to 3 Minutes Straight**
- **A Good Goal is to Finish with a Score of (+6) or higher.**

Focus

Work on Footwork - Can use Jump Stop or Inside Pivot Foot

Work on Shooting the Same Motion Every Time

Don't Get Discouraged on Misses. Focus on Each Shot



Finish with Free Throw Golf

- **Shoot 18 free throws**
- **If you miss the shot, you get a “BOGEY” (+1)**
- **If you make the shot, but the shot hits the rim, you get a “PAR” (0).**
- **If you swish the shot, you get a “BIRDIE” (-1).**
- **Keep track of your total score**
- **Try to get as low of a score as possible shooting 18 FT's**
- **A good goal is to finish the drill with a score of -4 or lower.**

Focus

Have the same routine for all 18 Free Throws