

THE MENU

SHOOTING

7's Drill - (Compete for Time)

- Natural Pitch: RW to RC 7 makes
 - Natural Pitch: LC to LW 7 makes
 - Natural Pitch: Top to RW 7 makes
 - Natural Pitch: Top to LW 7 makes
 - Safety Valve: RC to RW 7 makes
 - Safety Valve: LC to LW 7 makes
 - Safety Valve: Either to top 7 makes
- *One made FT after each set

Dribble 22 (Compete for Score)

1. Start Right Side: RW 3, RC 3,
Top: PU, RW PU, RC PU
2. Start Left Side: LW 3, LC 3,
Top: PU, LW PU, LC PU
3. Repeat 1 and 2
4. Make 2 Ft's

*22 total possible pts

3 For Drill (Compete for Time)

- 5 Spots: RC, RW, Top, LW, LC
- 1. 3 in a row mid range
- 2. 3 for 4 3 Point range
- 3. 3 for 5 NBA Range

*3 made FT after mid, 3pt, NBA

Ladder Drill (Compete for Time)

- 5 Deep, 5 Around - Make 5 in a row

BALLHANDLING

Power 200 (Warmup)

- Pound
- V-dribble
- In-Out
- Ski
- Crossover
- Behind Back

*20 Each – 200 Total

Tracer Drill

- Tracer Drill (Handle)
- Trace the Half Court
- 2 Pull-backs on long lines
- 1 on short line
- Mid line thru-legs
- Trace 3pt Imagination

Combo 55

- 5 Seconds of dribbling at 5 spot
- (2 times) Finish 1 drib, Finish 2 drib

2 Ball Finishing (For Time)

- Right Hash then to Left Hash
- Same, Alternate, behind back, legs

FINISHING MOVES

The Glass 44 Drill (For Time)

- Start from the finishing spot
- Alternate sides
- Finishes: Arrum, Reverse, Stretch, Sweep

Around the World Finish

- 5 Spots: Shot Fake, Rip, Half rip
- 30 Total finishes
- 10-2 Drib, 10-1 drib,
- 10-Change direction

MOBILITY

Mobile 5

- Mobile 5
- 10 Hip Swings each leg
- 10 Knee Punches each leg
- 5 Spiderman each leg
- Heel Drop – Hold 10 sec.
- 15 Band Ankle flexion