



**Day's Focuses:** "No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying." - Unknown

**Thought of the Day:** Footwork Agility and Rips

1. Two Person Ball Handling
  - a. Right / Left Hand Pound – 5 Switch
  - b. Right / Left Hand Circle Dribble  
*Partner up with everyone having a basketball.*
2. Retreat Dribble to Attack Footwork
  - a. Hips Straight, Dribble Pull back and flip of hips and feet.
  - b. Retreat dribble, kicking back forward to attack  
*Starting 5 or 6 feet in from the sideline*
3. Practicing Footwork Finishes
  - a. Euro Step
    - i. 5 R Dribbles, Right – Left
    - ii. 5 L Dribble, Left - Right
  - b. Cross Step
    - i. 5 R Dribbles, Right Foot across body (going left), Left Foot
    - ii. 5 L Dribbles, Left Foot across body (going right), Right Foot  
*Starting 5 or 6 feet in from sideline*
4. Retreat Dribble, Attack to Euro Step
  - a. Rip, Attack Basket, Retreat, Flip Feet, Attack to Euro
  - b. Rip, Attack Basket, Retreat, Flip Feet, Attack to Cross  
*6 Lines on main baskets, different hands on finishes*  
*Line jumps after finishing layup*
5. Rips
  - a. Low Sweeping Rip
  - b. Windmill Rip
  - c. Jab-Rip

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