



Day's Focuses: Footwork and Finish

Thought of the Day: "I'll do whatever it takes to win games, whether it's sitting on a bench waving a towel, handing a cup of water to a teammate, or hitting the game-winning shot." –Kobe Bean Bryant

1. Roll Out Dribble
 - a. Slow roll with one basketball, circle the ball while dribbling with 2nd basketball
Partner Up, each group has two basketballs.
2. Footwork Agilities
 - a. One footed line jumps
 - i. Rotating 1 Foot Jump – R / L
 - b. Two footed line jumps
 - i. Front Back Scissor
 - ii. Cross Scissor
 - iii. Rhythm Spin
 - c. Dribbling Agilities
 - i. Behind Back Lunge
 - ii. Between Legs Lunges
 - iii. Pound Post Up – R/L
 - iv. Pound Pro Hop – R/L
 - v. Pound Rhythm Spin – R/L
3. Rips to Finishes
 - a. Jab Hi/Low Rip – Windmill Rips – Circle Rips
 - b. Pro Hop off Elbow
 - c. Pound Dribble Post Up
 - i. Layup / Fadeaway
 - d. Rhythm Spin
Lines attacking from wing. Spin ball out and Rip to begin
4. Drop Step Pound Dribble
 - a. Live dribble to wing, pound to post dribble,
 - i. Attack middle/baseline for floater
 - ii. Pull-Up Jumper 2 Dribbles post dribble
5. Flashing to Ball for Hop Shot

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