



Day's Focuses: Shooting (1 Dribble Pull-Ups or Catch and Shoot)

Thought of the Day:

1. Ball-Handling
 - a. Stationary Cone Dribbling
 - i. Two Ball Dribbling
 1. Two Balls Circle Centered Cone
 2. R/L Ball Circle Centered Cone
 3. Two Ball Pound Variations
 2. Passing (Same partners)
 - a. Pound Dribble One Handed Pass
 - i. Single Ball
 - ii. Double Ball
 - b. Wrap around Passing
 - i. Outside Cone
 - ii. Inside Cone
 - c. 3 on 1 Rapid Fire (2 Partners)
 - i. Overhead
 - ii. Chest
 - iii. Bounce
 3. Down Screen Work (Hop)
 - a. Curling for Jump Shot
 - i. 1 Dribbling
 - b. Fading
 - i. 1 Dribble
 4. 3 Man Drive and Kick Work
 5. Conditioning Ball Handling
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www.MonroeSportsCenter.com/COACHANDREW

Andrew Guy

AndrewG@MonroeSportsCenter.Com

908-839-5712