



Day's Focuses: Pick and Roll

Thought of the Day: "If you make a decision, then you can prepare for an outcome. If you don't make a decision, life will create one for you."

1. Constant Drill
 - a. Start short corner
 - b. Speed dribble to opposite 3pt Line
 - c. Hard Retreat Dribble to in and out attack corner
 - d. Corner to Lane Line Baby Dribble. (In and Out, b/w legs, behind back)
 - e. Speed Dribble from block around ark for layup
 - f. Rebound and Baby Dribble (In and Out, b/w legs, behind back)
 - g. ZigZag Dribble using reverse crossover
 - h. Finish at Rim with: Euro, Runner, Pull-Up.
2. 2 Groups (With Partner)
 - a. 1st Group
 - i. Ball-Handling
 1. Super 6 at Half Court Sideline
 - a. Pound, Machine, Windshield, Front Back, H/L ,Cross
 - ii. Shooting
 1. Crazy Feet Shooting
 - a. Criss-Cross, Front/Back, One Foot
3. Pick and Roll Work – 1on1
 - a. Discussion of Types of Defensives
 - i. Sagging Big (Freeze Dribble Pull-Up, Attack rim and extend)
 - ii. Hedging Big (Split Defense, Spin off, Retreat Dribble)
 - iii. ICE (Refusing the Screen, Short Corner Shot)
 - iv. On-Ball Defender Goes Under Screen (Use Screen 2 Times)
4. Pick and Roll Work – Passing
 - i. Hedging Big (Splitting Pocket Bounce Pass or leading lob)
 - ii. ICE (Pick and Pop, or sliding bounce pass)
 - iii. On-Ball Defender Goes Under Screen (Use Screen 2 Times)
5. Conditioning Ball-Handling at Centercourt

SPRING SESSION STARTS MARCH 22nd
 Register now online!

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