

Wednesday September 10th 2014



1

Day's Focus: Effort

Quote of the Day: "Success is dependent on effort." Sophocles

1. Introduction

a. Rules of the Class

- i. No dribbling when I talk and instruct
- ii. Be respectful of your teammates. Help each other out.
- iii. "TIMEOUT"
 1. Sprint to paint and hold basketball
 - iv. 5 Push-ups if you break one. Will increase 5 every time you argue.

b. Explanation of how each class will be structured

- i. No random shots when you enter the gym.
- ii. Take game shots.
- iii. Work on your skills
- iv. Don't be afraid to mess up. Don't be afraid to ask questions or for help.
- v. This is a judge free zone.

2. Form shooting

- i. Square to the basket
- ii. Follow through
- iii. Ball to your shoulder and replace wrist with you elbow.

b. Two Step Individual

- i. Left right. Bang Bang
- ii. By Yourself
- iii. 4 Lines facing basket. 2 Each side.

TIMEOUT

c. Two Step Pass

- i. Line under baskets
- ii. Bang Bang Catch and Shoot
- iii. Pass and sprint behind teammate
- iv. Grab your own rebound

3. Half Court Dribble demo

- a. Big Steps. Picking up dribble at White Line

4. Pop Drill

- a. Jab Step paint
- b. Pop Dribble to wing
- c. Drop hips and attack basket

5. Stationary Dribbling

