



**Day's Focuses:** Game Conditioning / Full Court Ball Handling

**Thought of the Day:** Be the leader out there on the floor using positive and negative reinforcements. Be that positive energy that you simply can't take off the floor. Develop into being that x-factor player that every team needs and helps create camaraderie amongst your team.

Steve Nash – High Five Video → 239 in one day!!

- Full Court Retreat Dribble (2<sup>nd</sup> player sprinting back from corner for shot)
  - Pushing ahead – dribbling away from double team
  - NEVER GOING BEHIND BACK OR SPINNING
- Sprint Dribble Layups

**Water and Free Throws**

- Pairs for Retreat Dribble
  - Back Dribble and Cross Court Pass
  - Player with ball for layup (Becomes Baseline Passer)
  - Player without ball stepping in for Jump Shot
- Slide Sprint Slide (Defending the PG)
  - Making the ball-handler go side to side and not basket to basket.
  - If you get beat – spring ahead to the next spot.

**Water and Free Throws**

- Full Speed Open Floor Moves
  - Cross, Push Cross, Pull Cross,
- Running off the Defender
  - Changing Speeds to Create Space
  - 4-5 Hard Dribbles forward followed by two backwards.
  - Over half court – 1on1

**Water and Free Throws**

- Spot Shooting – “WINNER!!”

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