

# Wednesday September 17<sup>th</sup> 2014



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Day's Focus: Success

Quote of the Day: "Success is peace of mind, which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming." – John Wooden

"Success is dependent on effort." Sophocles

1. Introduction
  - a. Take Attendance
  - b. Explanation of what is success.
    - i. Success is knowing full well you gave it your all. When you go to sleep at night or when you are at tryouts, you are at ease because you know you are fully prepared.
    - ii. **GROUPS OF 4**
2. Opening Warm-Up
  - a. Short, Middle, Long.
    - i. Group Per Basket
    - ii. Away from the ball and come back for layup, short jumpshot, mid-range.
    - iii. Focusing on Footwork, hands ready, good passes.
3. 6 Cones
  - a. *Jab at each, rip to next cone*
  - b. *Shot Fake*
    - i. Focus: Big Steps, Left Foot Stays Down, Rock the body
    - ii. Ball to your hip
  - c. Dribble Jab
    - i. *Stab at cone with left foot*
    - ii. Keeping a live dribble
4. Spin out Jab Step
  - a. Spin Ball out – Sprint ahead
  - b. *Jab, Jab, Rip for Finish*
  - c. *Shot Fake Finish*
5. Freebies
6. Closing Remarks
  - a. Who worked as hard as possible today? Who succeeded?