

Wednesday September 24th 2014



1

2

3

Day's Focus: Accountability

Quote of the Day: "Take ownership of the controllable." –Andrew Guy

1. Introduction

- a. Take Attendance
- b. Explanation of Day's Focus
 - i. *There are certain things in life we can control. Those are the things we should focus on. Why worry about things we have no control over.*
 - ii. *Make everything you touch the best.*
 - iii. *Dominate Breakfast!*

2. Reverse Pivot – first step towards the basket

- a. Left foot is planted. Right foot backwards to open up to the basket.
 - i. Strong Stance
 - ii. Two Hands – Two Feet
- b. Elbow Reverse Pivot – Chair Foul Line Extended
 - i. Right Side Layups, Left Side Jump Shot
 - ii. Reverse Pivot Jab Step. Left Side Layups. Right Side Jump Shot

3. Flashing to The Ball

- a. Left Block to Right Elbow. Hard to the Ball. 2Hands/2Feet.
- b. Reverse Pivot and Finish.
- c. Jab Step for Left Layup

4. Moves on the Move

- a. Choppy steps in... Big Steps coming out.
- b. Left Side Jump Shots on FL. Right Side Layups.
- c. 1 Dribble Jump Shot. 2 Dribbles Layup.

5. Closing Remarks

- a. Skills Clinic Tomorrow
- b. Dominate the end of the Week!