

Wednesday October 1st 2014



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Day's Focus: Leadership

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. Stationary Ball Handling

- a. Step Cross and Jump In and Out

3. Six Cones – Fundamentals

- i. *Shifting of the weight. Quick wrist and flick of the ball.*
- ii. *Shoulder movement*
- b. 4 Right Cones on Wing
 - i. Stepping across center line
- c. Human Cones

4. Water Break

- a. Work on In and Out while waiting

5. Cross Over – Fundamentals

- i. *Lead Foot is planted. Chopping your feet coming in.*
- ii. *Low and Slow in. High and Fast out.*
- b. Six Cones
- c. Human Cones
 - i. Attack Defender.

6. Water Break

7. Triangle Attack on Wing

- a. Catch Ball on wing, push corner, quick cross.

8. Space one on One

- a. Half Court Off
- b. Baseline Def

9. Closing Remarks

- a. Attitude reflect leadership