

# Wednesday October 8<sup>th</sup> 2014



Day's Focus: Self-Control

Quote of the Day: "Control your 'self', so others don't have to." -John Wooden

## 1. Introduction

- a. Take Attendance
- b. *Attitude Reflect Leadership*
- c. Explanation of Day's Focus.
  - i. Don't rely on others to tell you what to do. Make the decision before someone tells you not to do something. Make the correct decision when no one is looking.
- d. Jump Stops Today
  - i. Control your body. Land on two feet.

## 2. Full Court Jump Stops - Four Lines

- a. Jump stop on white line. Full speed.
- b. Jump Stop and pivot.

## 3. Attack Middle from wing - Four Lines

- a. Half court to wing, attack middle
- b. Jump stop before cone and Jump Shot

## 4. Water Break

## 5. Drive and Kick

- a. Shot ready on the kick out.
  - i. Layup first - rip through
  - ii. Jump Shot
- b. Pass and Follow, grab your own rebound.

## 6. Drive and Kick - Close out

- a. Attack block - kick out, close out on defender
- b. Offense must make a move and attack rim

## 7. Water Break

## 8. Attack Baseline from wing

- a. Jump stop for layup
- b. Leading with inside shoulder

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