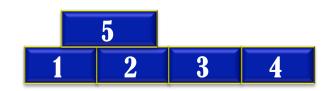
Wednesday October 8th 2014





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

Andrew Guy AndrewG@MonroeSportsCenter.com 908-839-5712