

Wednesday October 15th 2014



Day's Focus: Small Stuff

Quote of the Day: "Don't sweat the small stuff."

1. Introduction

- a. Take Attendance
- b. Explanation of Day's Focus
- c. Pick and Roll Demonstration

2. Coming off Screen - Pull up Jump shot

- a. Stationary
- b. Jab Step
- c. Ball Fake

3. 4 Lines for Retreat Dribble

- a. Bounce back to cross over

4. Dribbling Into Screen

- a. Take your man down, shoulder to shoulder with your teammate.
 - i. FULL SPEED
- b. Retreat Dribble

5. WATER BREAK

6. Passing

- a. One hand chest
- b. Quick Slide bounce pass

7. Setting a good Screen

- a. Loud Screen is the Best Screen
- b. Hand up in the air

8. Partner pick and roll

- a. How to Roll
- b. Bounce/Float Pass for layup.

9. WATER BREAK

10. 2 on 2

- a. Must use ball screen

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