

Wednesday October 22nd 2014



Day's Focus: Consistency

Quote of the Day: Consistency is the key. If you can't be consistent you can't be anything.

1. Introduction

- a. Take Attendance
- b. Explanation of Day's Focus
- c. Demonstration of Dribble handoff
 - i. Jump Stop Ball on Silver Platter
 - ii. Player 2 must grab it.

2. Dribble hand off on Wing

- a. Attack basket off of wing
- b. Jump Shot on Elbow
- c. 2nd Move on Elbow

3. Water Break

4. Back Door/Slip Passes

- a. Partner Passing
- b. Side Pass. Right/Left Hand

5. Back door demonstration

- a. Dribble hard at teammate
- b. Bouncing pass leading teammate

6. Two on Two

- a. Dribble hand off or ball screen every time

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