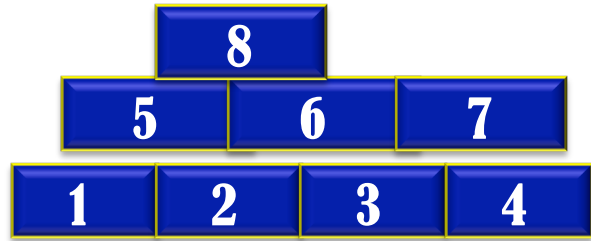


Wednesday October 29nd 2014



Day's Focus: Persistence

Quote of the Day: Hard work beats talent, when talent doesn't work hard

1. Introduction

- a. Take Attendance
- b. Explanation of Day's Focus
- c. Retreat and Slide Dribble

2. Retreat Dribble - Full Court

- a. Attack, Attack, Attack, Bounce back and create space
- b. Crossover/ Behind the back out of retreat dribble

3. Retreat Dribble from Wing

- a. Cross Over and attack Jump Shot

4. WATER BREAK

5. Slide Dribble

- a. Demonstration along 3pt Line
- b. Hit elbow and slide to Wing
- c. Attack Basket

6. WATER BREAK

7. Box Dribbling

- a. Slide Dribble and Retreat Dribbles
- b. Partner Work

2 MORE WEEKS!

Andrew Guy

AndrewG@MonroeSportsCenter.com

908-839-5712

www.MonroeSportsCenter.com/COACHANDREW