

Wednesday November 5th 2014



Day's Focus: Vision

Quote of the Day: "It's not who starts the game that's important. It's who finishes it." –John Wooden

1. Introduction

- a. Take Attendance
- b. Explanation of Day's Focus
- c. Demonstration of Footwork – POST MOVES
 - i. "Over the Shoulder", "Foot Backwards", "Pivot"

2. "Over the shoulder"

- a. Quick forward Pivot, High Release
- b. Left/Right

3. Establishing position in post

- a. Forearm to chest, turn, and seal.
- b. Wide Base, elbows out.

4. WATER BREAK

5. "Jump Stop to catch"

- a. No established Pivot foot
- b. *Partner Passing to practice*

6. Drop Step

- a. One foot backwards, opposite hand power dribble
- b. Hook defender with elbow

7. Reverse Pivot from Free Throw Line

- a. Hard rip, two dribble to rim

8. Reverse Pivot work on Block

- a. Jump Shot, Counter Jab, Rip baseline

ONE MORE WEEK!!

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