



Homework (Offensive Moves)

Session 1

Quote of the Day

- *“You never appreciate your blessings as much until they’re gone.”*
-

Please schedule a thirty-minute workout three times over the next week. Each section of drills should be worked on for 15 minutes.

Offensive Moves

(Start at top of key)

- Throw → Catch → Shot Fake → Right Foot Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Lead (dribble) → Power Layup

- Throw → Catch → Shot Fake → Right Foot Crossover Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Crossover Lead (dribble) → Power Layup

Defense

- Lane slides
- Zig zag (on air)

- Close-out Circuit
 - Form vertical line within lane starting at dotted circle*
 - Close-out to half court, retreat slide to wing, horizontal slide to opposite wing, then back pedal to baseline