



## Homework (Offensive Moves)

### Session 3

Quote of the Day

- *“When you lose, don’t lose the lesson.”*
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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

*(Cones at each elbow)*

- Jab step → Shoot jump shot
- Jab step → Shot fake → Dribble drive → Shoot layup
- Jab step (don’t retreat jab step) → Step w/ Jab foot → Dribble drive → Shoot layup
- Optional: Jab step → Shot fake → Crossover Step → Dribble drive → Shoot layup
- Optional: Jab step → Shot fake → Dribble drive → Step back → Shoot jump shot

### Ball Handling

*(Have someone be your partner)*

- Chest pass
- Bounce Pass
- 1 hand behind body – baseball pass *(catch like lacrosse player)*

*(With partner, use two basketballs)*

- 1 hand passing
- 2 high
- 1 high / 1 low
- 2 low
  
- Bounce pass / chest pass (each kid performs alternate pass)