



Homework (Offensive Moves)

Session 5

Quote of the Day

- *“A winner never quits, a quitter never wins.”*
-

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

(From wings – right & left sides)

- Shots off dribble
 - Shot 1
 - Crossover, between legs
 - Three (3) dribble pull-up jump shot
 - Shot 2
 - Double between legs, behind back
 - Three (3) dribble pull-up jump shot
 - Shot 3
 - Between legs, double behind back
 - Three (3) dribble pull-up jump shot

Defense

- 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
- Take Charge
 - Falling
 - Touch with ball
 - Optional: Coach drives into player (low velocity)