



Homework (Offensive Moves)

Session 6

Quote of the Day

- *“Nothing will work unless you do.”*
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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

- Power dribble series
(Campers start at mid-way point between elbow & wing – both sides)
 - Power dribble & go (layup)
 - Power dribble & go (pull-up jump shot)
 - Optional: Power dribble, go & pull-back (pull-up jump shot)

 - Power dribble, spin & go (layup)
 - Power dribble, spin & go (pull-up jump shot)
 - Optional: Power dribble, spin, go & pull-back (pull-up jump shot)

Inside Play

- Rebounding
 - Butt-to-butt
 - Pair in 2's
 - One (1) pair at each elbow
 - Campers should be in strong 2-point stance, with hips/butt attached
 - On coach's command, campers attempt to move each other
 - Allow campers to go for 7 seconds
 - One-on-one box drill
 - Pair in 2's
 - One camper is on offense, one is on defense
 - On coach's command, offensive camper either moves right or left
 - Defensive camper, places hand/forearm on offensive camper and executes front pivot to box out
 - Allow campers to go for 5 seconds
 - Jump for ball
 - Start at short elbow area
 - Coach throws basketball off backboard
 - Camper rebounds basketball at highest point
 - Comes down, then goes back up to shoot layup