



Homework (Offensive Moves) Session 7

Quote of the Day

- *“One of the highest compliments you can be paid is that you are a person of your word.”*
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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

(Start between elbow & wing – height: top of key)

- Dribble pull-up series
 - o Dribble, pull-up (jump shot)
 - o Dribble, hesitation, dribble, pull-up (jump shot)
 - o Dribble, hesitation, dribble, between legs, pull-up (jump shot)

Ball Handling

- Up & Downs
- Kills
- Circle Dribbles
- Figure “8” Dribble
- Back & Forth under the Legs
- Crossover Dribbles
- “V” Dribble in Front
- Side “V” Dribble
- Behind Back Crossover
- Spider