

# SKILL DEVELOPMENT MENU #1

**\*\*player chooses 5 sets of drills with 2 of the drills being ball handling, ball handling drills should be done first\*\***

## SHOOTING

### 2020 Workout

Mikan (front/reverse) 20 makes/shots  
 1 Step away finish 20 makes/shots  
 2 Steps away finish 20 makes/shots  
 3 Steps away finish 20 makes/shots  
 Boom 1-2 finish 20 makes/shots  
 Inside 3 dribble PU 20 makes/shots  
 Moving 3's 20 makes/shots  
 Top stationary 3's 20 makes/shots  
 Random stationary 3 20 makes/shots  
 Free throws 20 makes/shots  
 \*2 swished FT's to finish

### 3 For Drill

Must make 3 for # to advance  
 5 Spots: RC, RW, Top, LW, LC  
 1. 3 in a row from mid-range  
 2. 3 for 4 from 17ft  
 3. 3 for 5 from 3pt line  
 \*3 made FT's after mid, 17ft, 3pt

### Dribble 22 (Dribble from 1/2 crt)

1pt for each make, 22 possible pts  
 1. RC3, RW3, Top PU, RW PU, RC PU  
 2. LC3, LW3, Top PU, LW PU, LC PU  
 3. Repeat 1 and 2  
 4. Make 2 FT's

## BALL HANDLING

### Power 200

Pound r/h---Pound l/h  
 Roll r/h on side---Roll l/h on side  
 In and out r/h---In and out l/h  
 Crossover in front of body  
 Behind back crossover  
 Cross between legs r/h to l/h  
 Cross between legs l/h to r/h  
 \*20 Each--200 total

### 200 Touches

Crossover r/h to l/h (50 dribbles)  
 Roll r/h on side (50 dribbles)  
 Roll l/h on side (50 dribbles)  
 Behind back r/h to l/h (50 dribbles)

### 2 Ball

Stationary: same, alternate, pound  
 high--pound low, switch hands  
 Moving: (baseline to FT line)  
 same, alternate, crossover, cross  
 between legs

### 1 Ball (Baseline to 1/2 court)

Speed dribble r/h & l/h  
 Crossover  
 Cross between legs  
 Inside out and crossover  
 Trouble dribble (2 pull backs & cross)  
 Behind the back

## FINISHING MOVES

### 5 Spot Finish

5 Spots: Shot Fake, Rip, Drive  
 15 Total finishes from each spot  
 5 shots--2 dribbles, vary finish  
 5 shots--1 dribble, vary finish  
 5 shots--Change direction, vary finish

### Wing Drives

Right/Left Wing:  
 15 Total finishes from each wing  
 5 shots--Fake sandwich  
 5 shots--Jab, shot fake, drive, vary finish  
 5 shots--Drive w/ top hand, hips across finish

### Elbow Drives

Right/Left Elbow:  
 15 Total finishes from each elbow  
 5 shots--Fake sandwich  
 5 shots--Jab, shot fake, drive, vary finish  
 5 shots--Cross & finish opp. side

### Corner Drives

Right/Left Corner:  
 15 Total finishes from each corner  
 5 shots--Rip, drive baseline  
 5 shots--Rip, drive middle, hips across finish  
 5 shots--Rip, drive base./middle, finish opp. side

**RW = Right Wing      LW = Left Wing**  
**RC = Right Corner    LC = Left Corner**  
**r/h = Right Hand      l/h = Left Hand**  
**PU = Pull up**