

SKILL DEVELOPMENT MENU #2

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

SHOOTING

Get 70

Mikan Baby Hooks 10 shots
 Mikan Reverse 10 shots
 Right Block Bank 10 shots
 Left Block Bank 10 shots
 Middle of Lane-1 hand 10 shots
 Free Throw 10 shots
 Top of Key 10 shots

*finish by making two FT's in a row

Back to Basket Drop Steps

Baseline
 Baseline/shot fake
 Middle
 Middle/shot fake
 Middle/shot fake/step thru

*both sides of hoop, five shots each

Miami 3's

Must make 5 from 3pt spot to advance to next spot
 Shoot from unlimited number of spots keeping track of number of shots taken.

*make 5 FT's & move to next spot

21 Pull-ups

Pick 5 spots--make 20 at each spot
 Pick spot take 2 dribbles one direction & pull-up return to spot take 1 dribble & pull-up

*make 5 FT's & move to next spot

BALL HANDLING

Panther Dribble Series (1 Ball)

Pound r/h & Pound l/h
 Pound-Pound-Cross
 Pound-inside out r/h & l/h
 V dribble in front of body r/h & l/h
 Pound V dribble in front of body r/h & l/h
 Behind the back crossover
 Pound behind the back crossover

*25 Each--275 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)

Panther Dribble Series (2 Ball)

Same--50 reps
 Pound high-Pound low--50 reps
 Alternate one-high one-low--50 reps
 V dribble in front--50 reps
 Pound-pound cross--50 reps

1 Ball FT Line Extended

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

FINISHING MOVES

Pivot Lay-ups

Players start with back to basket at FT line distance
 Player spins ball to self does reverse or inside pivot
 After pivoting player uses--rip, shot fake, pass fake, jab/ball fake without traveling for score
 Finish with both r/h & l/h off of 2 feet

Ways to Finish

Right/Left Elbow: (finish w/ r/h & l/h off 2 feet)
 10 Total finishes for each move
 Pound & go, Pound-Pound-between legs finish opposite side of hoop, Rip & go, Nash finish, floater, fake sandwich, pass fake and finish

X-Out Lay-ups

Start Right or Left Elbow finish go to opposite elbow
 10 Total finishes for each move
 1 foot finish, 2 foot finish, Nash finish, Reverse lay-up fake sandwich, Rondo finish
 *finish by make two swishes from FT line

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
 *finish by make two swishes from FT line

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