

SKILL DEVELOPMENT MENU #3

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

SHOOTING

Steve Nash Shooting

Jab & shoot 10 shots
 1 Dribble pull-up 10 shots
 Cross into pull-up 10 shots
 Ball spin & shoot 10 shots
 Ball spin, jab & shoot 10 shots
 Pound & shoot 10 shots
 Top of Key 10 shots

*finish by making two FT's in a row

Spin Pass to Self & Shoot

Spin & shoot at top of the key
 Spin & shoot at wings
 Spin & shoot at corners
 Spin & shoot at elbows
 Spin & shoot at free throw

*five shots each, make 5 FT's at end

Ladder Drill

Must make 5 in a row to advance
 5 Spots: start in close make a shot take one step back for each shot made, make 5 in a row from spot, if a miss must go back to starting spot

2 Dribble Pull-ups

Square at 3pt line from 5 spots
 RW/LW use r/h & l/h make 10 shots and move to next spot
 Attack elbows & short corners
 *make 5 FT's & move to next spot

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)

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 (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, outside hand inside foot layup
 5 shots--1 dribble, jump stop, shot fake, layup
 5 shots--2 dribbles, outside hand reverse layup

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

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

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