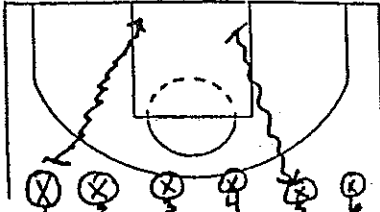




Individual Instruction-Guards

5 Minutes : Ball Handling

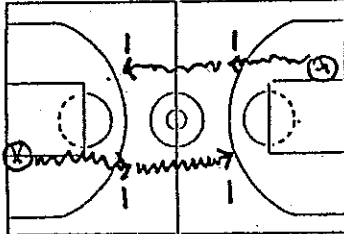


Make move at 3pt line | dribble crossover layup (Finish with Both hands left and right)
Speed Dribble back to half court

Six Moves

1. Change of Pace
2. Inside out
3. Inside out crossover
4. Stutter
5. Combination moves
6. Combination moves

15 Minutes: Full Dribbling Moves



4 Moves

1. Change of pace
2. Inside Out
3. Inside out & Crossover
4. Stutter

Make 2 out of 4 (3 out of 4)

I have to make last shot or start over

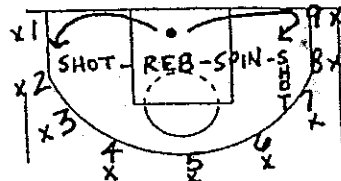
4 free throws after each set

Alternate sides each day (right and left)

Take 3 point shots after each move

Full Speed and Great Moves...(Make Each move twice right and left).

20 Minutes: Shooting (9 Spots)



1. Corner to corner

2. 1st marker-1st marker

3. Wing to wing

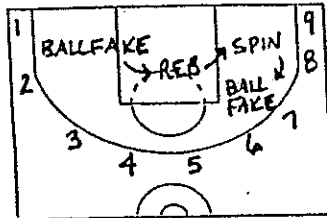
4. Elbow to elbow

5. Top of key

Shoot Free Throws after each set

Must make 8 shots per spots...(Shoot....Rebound....Spin ball out pivot & Shoot)

15 Minutes: Ballfake Shooting (9 Spots)



spin ball corner to corner

make 8 shots....pivot with inside foot

one day pull up jump shots and the next day drives to basket

Keep pivot foot down knees bent...Don not Travel...

Pivot with inside foot (Work both pivot feet)

Alternate crossover and step by on each spot..

10 Minutes: Free Throws

Make 50 free throws

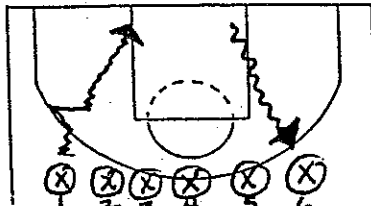
Shoot on your own

300-500 shots



Individual Instruction - FORWARDS

5 Minutes : Ball Handling

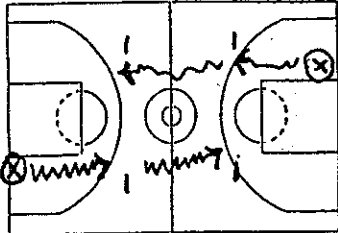


- # Make move at 3pt line 1 dribble crossover layup
- # Work on finishing with both hands

Six Moves

1. Change of Pace
2. Inside out
3. Inside out crossover
4. Stutter
5. Combination moves
6. Combination moves

15 Minutes: Full Dribbling Moves



4 Moves

1. Change of pace
2. Inside Out
3. Inside out & Crossover
4. Stutter

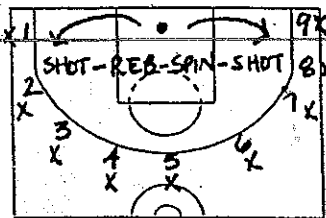
Make 2 out of 4 (3 out of 4)

Have to make last shot or start over
4 free throws after each set

Alternate sides each day (right and left)
Take 3 point shots after each move

Full Speed and Great Moves....

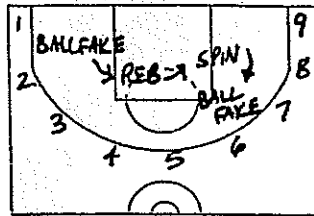
15 Minutes: Shooting



1. Corner to corner
2. 1st marker-1st marker
3. Wing to wing
4. Elbow to elbow
5. Top of key

Must make 8 shots per spots.

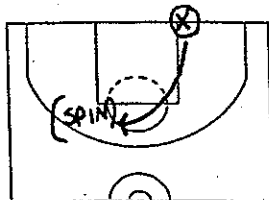
15 Minutes: Ballfake Shooting



- # spin ball corner to corner
- # make 8 shots....pivot with inside foot
- # one day pull up jump shots and the next day drives to basket

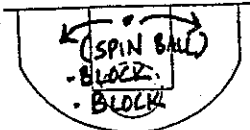
Alternate crossover and stab by

10 Minutes: Flash Cut Shooting



1. Pull thru...1 dribble reverse spin ..Jump hook (make 5)
2. Shot fake ..drive jump stop duck under (make 5)
3. Inside pivot pull thru 1 dribble...Baby Hook (make 5)
4. Shot fake pull thru opposite side of rim Baby Hook (make 5)
5. Pull thru jump stop duck under (make 5)

10 Minutes : Low Post



1. Drop Step baseline (10)
2. Jump hook Middle (10)
3. Up and under baseline (10)
4. Up and under middle (10)
5. Turn around Jumper middle-baseline (10)
Keep ball up
No Traveling
Finish to the rim.
6. Inside Pivot
Pull thru jump hook(10)
Jump Shot (10)
Pull thru jump shot - Baseline (10)

Shoot on your own

300-500 shots