

Stationary Ball Handling x 2

Pounds Rt/Lt	30 sec ea
2 dribble, Crossover	30 sec
1 dribble Crossover	30 sec
Crossovers	30 sec
Pendulum Crossovers	30 sec
Low Vs Rt/Lt	30 sec ea
Low V to Crossover	1 min
In n Outs Rt/Lt	30 sec
In n Out Cross	1 min
Low-Quicks rt/lt	20 sec

Single Cone Drills x 2

Circles Clockwise/counter-clockwise Rt/Lt	20 sec ea (x4)
Push Pulls Rt/Lt	30 sec ea

Small Area Ball Handling: 2 Cone drills x 2

Figure 8s Rt/Lt	30 sec
Race Tracks Rt/Lt	20 Sec
Lateral Slides Rt/Lt	30 sec
Figure 8s Crossovers	30 Sec 2x
Forward Backward Fig 8s Rt/Lt	30 sec 2x

Driveway/Sidewalk Drills x 2

Walking Pounds, Rt/Lt	30 sec
Walking 2 dribble Cross	30 sec
Walking 1 dribble Cross	30 sec
Walking Crosses	30 sec
Walking Low Vs Rt/Lt	30 sec ea
Walking Low V Cross	1 min
Waliking In n Outs Rt/Lt	30 sec
Walking In n Out Cross	1 min

Advanced Stationary Ball Handling x2

Pounds Rt/Lt	10 sec
Crossovers	20 sec
Step-in-fronts front to back Rt/Lf	30 sec
Step in fronts back to front Rf/Lt	30 sec
Crossover behind back	30 sec x 2
Figure 8s, stationary 2 (+) dribble, front to back	30 sec
Figure 8s, stationary 2 (+) dribble, back to front	30 sec
Figure 8s, stationary 1 dribble, front to back	30 sec

Figure 8s, stationary 1 dribble, back to front	30 sec
Figure 8s, stationary low quick, front to back	30 sec
Figure 8s, stationary low quick, back to front	30 sec
Circle one leg, Rt/Lt, front to back, 2(+) dribbles	30 sec
Circle one leg, Rt/Lt, back to front 2(+) dribbles	30 sec
Circle one leg, Rt/Lt, front to back, 1 dribble	30 sec
Circle one leg, Rt/Lt, back to front 1 dribble	30 sec
Circle one leg, Rt/Lt, front to back, low quick	30 sec
Circle one leg, Rt/Lt, back to front, low quick	30 sec

Front Greater thans/Less thans	30 sec ea
Back Greater thans/Less thans	30 sec ea
Z's/Backward Z's	30 sec ea
Hour Glasses Rt to Lt/Lt to Rt	30 sec ea

Advanced Driveway/Sidewalk Drills x 2

Walking: Double crosses Rt/Lt	30 sec
Walking: Crossover then between legs Rt/Lt	30 sec
Walking: between legs then Crossover Rt/Lt	30 sec
Walking: between legs, behind back Rt/Lt	30 sec

Shooting 1

Form shooting: make 10 from 6', make 10 from 8', make 10 from 10'

1. Catch and shoot Mid-range:
Self pass, 1-2 left-right—10 shots;
Self pass 1-2 right left--10 shots.
2. Catch and sweep:
Self pass, 1-2 lt-rt, sweep left; 10 shots
Self pass 1-2 rt-lt sweep right 10 shots
3. Catch, head fake into sweep:
Self pass, 1-2 lt-rt, head fake, sweep to right, 10 shots
Self pass, 1-2 rt lt, head fake, sweep to left, 10 shots
4. 10 Foul Shots

Repeat #1-4

Shooting 2

Form shooting: make 10 from 6', make 10 from 8', make 10 from 10'

1. Catch and shoot Mid-range:
Self pass, catch on hop off left foot--10 shots;
Self pass catch on hop off right foot--10 shots.
2. Catch and sweep:
Self pass, catch on hop off left foot, sweep left; 10 shots

Self pass catch on hop off right foot sweep right 10 shots

3. Catch, head fake into sweep:

Self pass, catch on hop off left foot, head fake, sweep to right, 10 shots

Self pass, catch on hop off right foot, head fake, sweep to left, 10 shots

4. 10 Foul Shots

Repeat #1-4

Shooting 3

Form shooting: make 10 from 6', make 10 from 8', make 10 from 10'

1. Shooting off dribble Mid-range:

Self pass, catch on hop, dribble, left-right 10 shots

Self pass, catch on hop Dribble, right-left 10 shots

2. Shooting from cross over:

Self pass, catch on hop Dribble crossover, right-left 10 shots

Self pass, catch on hop Dribble crossover, left-right 10 shots

3. Shooting from between leg cross over:

Self pass, catch on hop Dribble crossover between legs, right-left 10 shots

Self pass, catch on hop Dribble crossover between legs, left-right 10 shots

4. 10 Foul Shots

Repeat #1-4