

Practice 1 Session – Individual – 45 mins

Objectives: Footwork development + Finishing at the basket + Shooting

POD of ONE – Need at least 2M space & NO sharing of equip or baskets

Requirement: One basket per person

Block 1 – Footwork/Finishing – (no dribble) – 12 mins

Set up:

- Start on the baseline (where the key meets the baseline with a ball).
- Spin the ball out to the middle of the no charge circle, plant the inside foot – keep feet and shoulders parallel to the sideline and finish with a baby hook over your shoulder.
- Keep the ball outside the body when finishing.
- Switch sides after each shot attempt.

*Target – for time or for score – eg). 2 mins straight – count score.
Or certain amount of makes both sides.

Progression:

- Add a shot fake before shooting.
- Add a shot fake then a step through – 1 of 3 ways. – Same hand same foot - step through and finish, Opposite hand opposite foot, drop step/spin

Shoot Free Throws – (make 2 in a row/ take 2/take 5 - whatever you want)



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Block 2 – Footwork/Finishing – attacking from the wing – 20 mins

Set up A:

- Start on the wing (45) outside the 3pt line
- Flick the ball out to yourself and catch on two feet at the same time (hop into it – this means you can jab/attack off either foot)
- 1st move – Shot fake, jab middle, attack baseline – finish with a lay-up.
- 2nd move – Shot fake, jab middle, attack baseline – finish with 1 step lay-up
- 3rd move – Shot fake, jab middle, attack baseline – finish with 1 step and inside hand lay-up
- 4th move – Shot fake, jab middle, attack baseline – finish with a pro hop/hop step towards the middle – land on 2 and finish at the front of the rim.

*Target – make a certain amount from each wing of each type of finish.

Set up B:

- Spin ball out, shot fake, jab baseline, attack middle – finish across the lane with a reverse lay-up
- Shot fake, jab baseline, attack middle – finish across the lane with 1 step
- Shot fake, jab baseline, attack middle – finish across the lane with 1 step and inside hand
- Shot fake, jab baseline, attack middle – finish with a pro hop/hop step (back towards the baseline side)

*Target – make a certain amount from each wing of each type of finish

Shoot Free Throws – make 2 in a row/5 etc

Block 3 – Shooting – 10 mins

Set up:

- Start on the baseline in the corner where the 3pt line meets in the end line with a ball.
- Spin the ball out towards the wing/45 and plant your inside foot to square up.
- Shoot the ball, get the rebound and then go to the opposite side.
- Repeat for a certain target.

Progression:

- Add shot fake and 1 dribble. – both directions.

Finish with free throws.

Practice 1 Block 3

