

Practice 1 Session – Individual – 45 mins

Objectives: Ball Handling + Finishing at the basket + Shooting

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

Requirement: One basket per person, One ball per person & Six cones per person

This session can be done with no basket for block 1 & 2 – just remove the finish. Ensure at least 2 meters from next individual and in the equivalent of a half court (@15 meters)

Block 1 – Ball Handling – 5 mins- Static warm up (500 reps)

- Pound dribble – right and left hand - 100 each hand
- Crossover pounds – no dribble in between – 100 crossovers
- Crossover behind the back – 100
- Jordan dribbles (between legs) – 100

Dynamic Ball Handling with cone pick up – 5 mins

- Start on baseline – (put cone on the free throw line)
- Dribble to the cone, put the ball between your legs and as you do that, drop your shoulder and pick up the cone – timing is important – emphasizing staying low and being explosive after the move.
- Dribble to the next line as a marker – (3pt line) – put the cone down, put the ball between the legs after you place the cone down. – then dribble to the halfway line.
- Turn around and repeat on the way back. Can do this with different dribble move combos – behind back/hesitation etc.

Shoot free throws – make 2 in a row/take 5 etc.

Block 2 – Dribbling/Attacking the basket – with a finish – 12/15 mins

Set up:

Place cones up the sideline from the halfway line up towards the 3pt line. Start at the halfway line where it meets the sideline.

- Crossovers in between each cone until you reach the last cone, attack the wing/45 with the hand closest to the sideline. Hesitate or in and out dribble, attack baseline and finish with a lay up

Progression:

- Different dribble moves in between each cone.
- Different finishes and moves at the wing.

Shoot free throws – take 10

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Block 3 – Shooting off the dribble– 15 mins

Set up:

Start on the sideline, halfway between the halfway line and the 3pt line.

- Dribble up to the wing with the hand closest to the sideline, make a dribble move/change direction and attack the middle – pull up from the elbow/ 1 or 2 dribbles after the move – emphasis on getting feet set and square to the basket- elevate into your jump shot.
- Use opposite hand – closest to middle – make a change of direction move and attack baseline – pull up from near short corner.

Target – make a certain amount going each direction and from each wing

Shoot free throws – make/take X amount

Set up:

Start on the wing/45 – spin the ball out and catch on a jump stop.

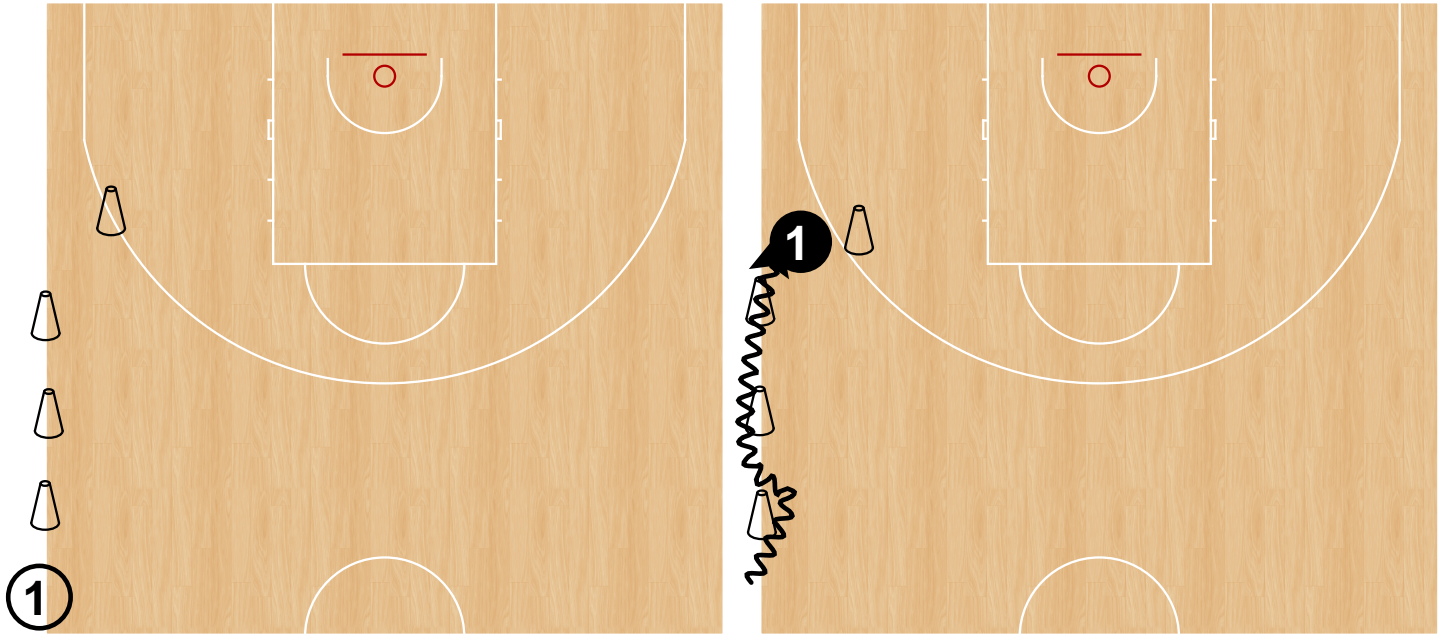
- Jab baseline – attack middle, when you get to the elbow use a dribble move (between legs/behind the back) – 1 dribble after the move to go towards the baseline/bank and shoot a pull up.
- Jab baseline – attack middle, when you get to the elbow use a hesitation or in and out and use another dribble after the move to create separation to get further into the middle for a pull up.

Emphasis – imagining a defender is contesting and you want to encourage attacking the high foot of the defender. Getting separation and getting feet set off the dribble.

Shoot free throws to finish. – X amount of makes



Practice 2 Block 2



Practice 2 Block 3

