

## Shooting

### 7's Drill (Compete for Time)

Natural Pitch: RW to RC 7 makes  
Natural Pitch: LC to LW 7 makes  
Natural Pitch: Top to RW 7 makes  
Natural Pitch: Top to LW 7 makes  
Safety Valve: RC to RW 7 makes  
Safety Valve: LC to LW 7 makes  
Safety Valve: Either to top 7 makes

\*One made FT after each set

### Dribble 22 (High Score)

- (1) Start Right Side: RW 3, RC 3, Top PU, RW PU, RC PU
- (2) Start Left Side: LW 3, LC 3, Top PU, LW PU, LC PU
- (3) Repeat 1 and 2
- (4) Make 2 Ft's (22 total pts)

### 3 For Drill (Time)

5 Spots: RC, RW, Top, LW, LC

- (1) 3 in a row mid range
- (2) 3 for 4 3 Point range
- (3) 3 for 5 NBA Range

\*3 made FT after mid, 3pt, NBA

### Ladder Shooting (Time)

5 Deep, 5 Around- Make 5 in a row

## Ball Handling

### Power 200 (Warm-Up)

Pound, V-dribble, In-Out, Ski,  
Crossover, behind back  
\*20 Each - 200 Total

### Tracer Drill (Handle)

Trace the Half Court  
2 Pull-backs on long lines  
1 on short line  
Mid line thru-legs  
Trace 3pt Imagination

### Combo 55 (Handle)

5 Seconds of dribbling at 5 spot  
(2 times) Finish 1 drib, Finish 2  
drib

### 2 Ball Finishing (Time)

Right Hash then to Left Hash  
Same, Alternate, behind back, legs

## Finishing Moves

### The Glass 44 Drill (Time)

Start from the finishing spot  
Alternate sides  
Finishes: Arrum, Reverse, Stretch,  
Sweep

### Around the World Finish

5 Spots: Shot Fake, Rip, Half rip  
30 Total finishes  
10-2 Drib, 10-1 drib,  
10-Change direction

## Mobility

### Mobile 5

10 Hip Swings each leg  
10 Knee Punches each leg  
5 Spiderman each leg  
Heel Drop - Hold 10 sec.  
15 Band Ankle flexion