

"Rise As One"

10 Minute Ball Handling

(30) Warm-up 10-5-5-5-5

- Start next to the basket and work your way back to the 3 pt line

(20) Mikan: 10 shots on each side

- Keep shoulder square to the backboard. Jump and explode.

(20) Rebound & Put Back

- Land with the ball - keep it high - quickly get off the ground

(20) Reverse Mikan

(10) Drop Step Baseline & Finish

- 5 from each block – keep shoulders square – move feet first

(10) Drop Set Middle Baby Hook

- 5 from each side

(20) Mid-Range 1 dribble attack moves

(40) 1 on 1 moves – finish at the rim

- Right wing, 10 moves finishing on the right side, 10 middle/left
- Left wing, 10 moves finishing on the left side, 10 middle/right
- off of 1 and 2 feet

(40) 1 on 1 moves – pull up jump shot

- 20 from each wing, 10 in each direction
- no more than 2 dribbles

(100) 3 pt shots – 20 from each spot around the arc

(10) Reverse Lay-ups from the wing/corner area

(10) Blue line depth around the arc

(25) Free Throws

(145) Choice

"Those who fail to succeed do so because they fail to choose what they want most, over what they want at the moment"