

BALL HANDLING:

STATIONARY DRIBBLING

1. ALTERNATING HEIGHTS (4 SETS EACH HAND NON-STOP)
 - A. 10 ANKLE TO 10 KNEE DRIBBLES (FAST AS POSSIBLE 80 EACH HAND)
2. PUSH/PULL (USE OF CONE OR BOTTLE RECOMMENDED)
 - A. 2 TOTAL SETS OF 20 PER HAND.
 - I. PUSH + PULL FRONT TO BACK OVER CONE ON SIDE OF BODY
 - II. PUSH + PULL SIDE TO SIDE WITH CONE IN FRONT OF BODY
3. CROSSOVERS
 - A. 40 CROSSOVERS AS FAST AS POSSIBLE. KEEP ELBOWS IN.
4. FIGURE 8'S
 - A. MINI'S OR MACHINE GUN 15 EACH DIRECTION (AS MINI SMALL DRIBBLES AS YOU CAN)
 - B. 1 - 2 - THRU 15 EACH DIRECTION (FRONT - BACK - THROUGH)
5. V-DRIBBLES (BOTH HANDS)
 - A. SIDE OF BODY (20 FRONT TO BACK)
 - B. FRONT OF BODY (20 SIDE TO SIDE)
6. IN-N-OUT CROSSOVERS (40 TOTAL - SPEED + POUND)
7. CIRCLES
 - A. SETS OF 20 (BOTH LEGS, BOTH DIRECTIONS)
8. BUTTERFLIES
 - A. 20 SETS EACH DIRECTION (STATIONARY FEET)
9. SHUFFLES
 - A. 20 SETS EACH DIRECTION (FEET SHUFFLING)
10. KYRIE'S

A. 20 SETS (CROSSOVER-THROUGH LEG-BEHIND BACK)

SIDELINE TO SIDELINE

1. STRAIGHT LINE CROSSOVERS (QUICK/SHORT DRIBBLES)
2. STRAIGHT LINE THROUGH LEGS (FORWARD + BACKWARD)
3. MARK JACKSON'S EACH HAND (SIDE STEP FORWARD + BACKWARD - POUND DRIBBLES)
4. ZIG-ZAGS (1 DRIBBLE)
 - A. CROSSOVERS
 - B. THROUGH LEGS
 - C. BEHIND BACK
 - D. SPIN
5. IN - N - OUTS (BOTH HANDS)
6. IN - N - OUT CROSSOVER (2 SETS)
7. DOUBLE CROSS - THROUGH LEG (SHORT STEPS, QUICK DRIBBLES)
8. DOUBLE CROSS - THROUGH LEG - BEHIND BACK (ABOVE NOTE)
9. THROUGH LEGS + BACK - CROSSOVER
10. TRIPLE MOVES (MAKE ANY TRIPLE COMBO MOVE)

FINISHING

MIKAN DRILLS

MAKE 10 WITH EACH SET - INCREASE # EACH WEEK

1. 2 FOOT (REGULAR + REVERSE)
2. 1 FOOT (REGULAR + REVERSE)
3. 1 FOOT OFF HAND (REGULAR + REVERSE)
4. WRONG FOOT STRONG HAND (REGULAR + REVERSE)

5 SPOT LAYUPS

SET UP 5 CONES OR MARKERS (CORNERS, WINGS, TOP) -
USE ONLY 1 HAND FOR FINISHING

1. STRONG SIDE LAYUPS W/BACKBOARD RIGHT + LEFT
2. STRONG SIDE NO BACKBOARD RIGHT + LEFT
3. REVERSE W/BACKBOARD RIGHT + LEFT
4. REVERSE NO BACKBOARD RIGHT + LEFT
5. EURO STEPS RIGHT + LEFT
6. FLOATERS RIGHT + LEFT (1 OR 2 FOOT FINISHES)

SHOOTING

FORM SHOOTING

(ALL SHOTS WITH 1 HAND - HOLD FOLLOW THROUGH UNTIL BALL HITS RIM)

1. 3 SPOTS FROM 5' (MAKE 10 @ EACH SPOT)

2. 5 SPOTS (CORNERS, WINGS, TOP) FROM 10' (MAKE 10 @ EACH SPOT)
3. 5 SPOTS FROM 15' (FT LINE AROUND) MAKE 10
CHALLENGE MOVE TO 3 POINT LINE + MAKE 5 FROM 5 SPOTS

SPOT SHOOTING

1. SELF TOSS - CATCH + SHOOT -12 SHOTS @ 7 SPOTS (CORNERS, WINGS, GUARD SLOT, TOP OF KEY) - ALTERNATING FOOTWORK
2. SELF TOSS - CATCH/DRIBBLE/SIDE STEP/SHOT (BOTH DIRECTIONS) 10 @ 7 SPOTS
3. SELF TOSS - CATCH/DRIBBLE/CROSSOVER/SHOT (BOTH DIRECTIONS) 10 @ 7 SPOTS
4. SELF TOSS - CATCH/SHOT-FAKE/JUMPER (BOTH DIRECTIONS) 10 @ 7 SPOTS
5. SELF TOSS - JAB JUMPER (DOMINATE PIVOT FOOT) 10 @ 7 SPOTS