



# Skills and Drills 5

## Mid Post Options

[https://twitter.com/hennen\\_workouts/status/1300509755115474950?s=11](https://twitter.com/hennen_workouts/status/1300509755115474950?s=11)

## Dribbling Challenge

<https://twitter.com/PureSweat/status/1299361596989304836>

## Quick Shot Shooting Drill

<https://twitter.com/BreakthruBball/status/1299418366411771909>

## 100 Shot Workout

<https://www.breakthroughbasketball.com/training/100-shot-workout.html>

## Shooting Spot

[https://twitter.com/hennen\\_workouts/status/1297998562748444673?s=11](https://twitter.com/hennen_workouts/status/1297998562748444673?s=11)

## Pivoting

<https://www.youtube.com/watch?v=KMvEck9YI8A>

There are only two options regarding commitment. You're either IN or you're OUT. There is no such thing as life in-between. – Pat Riley