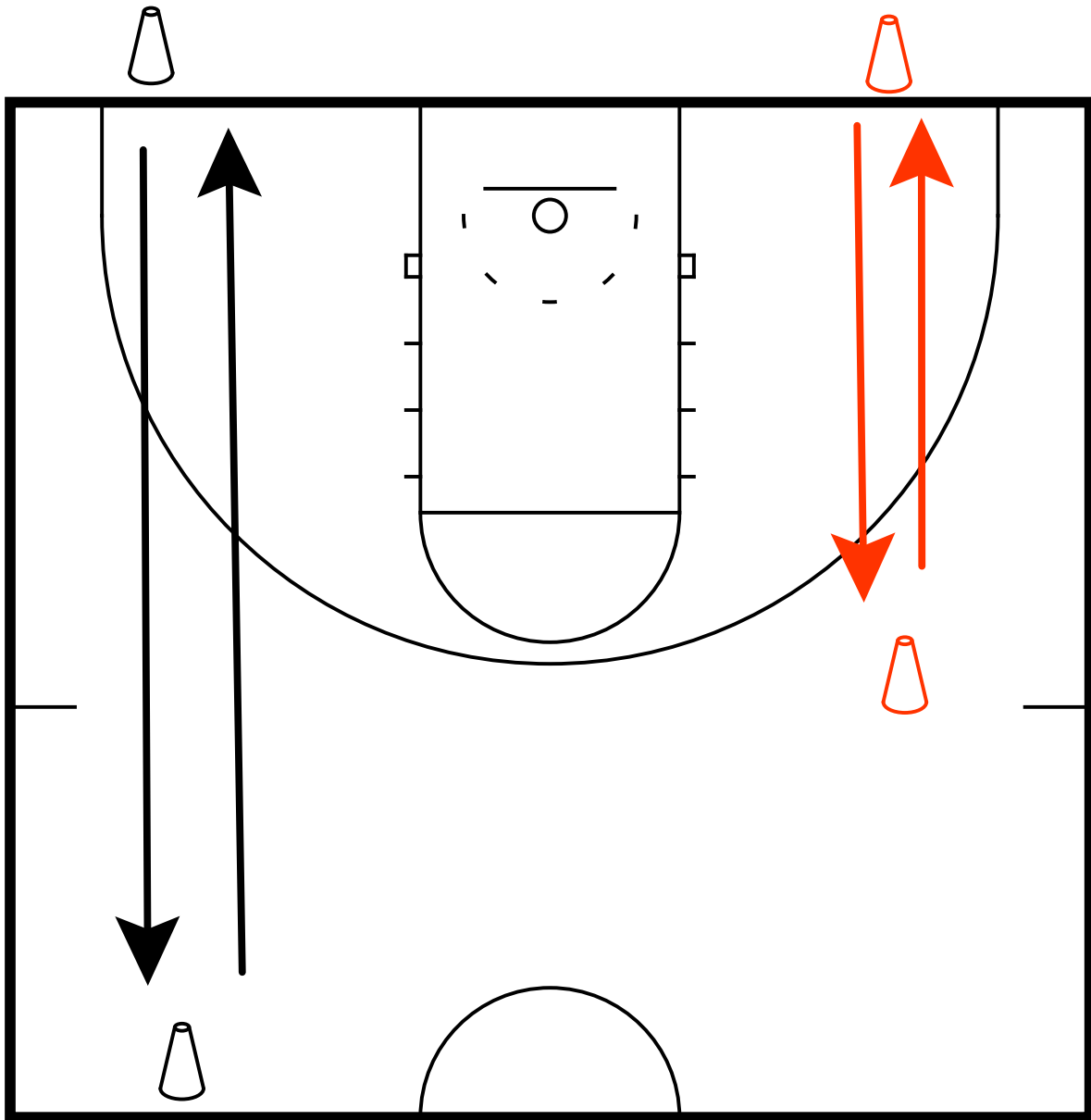




Basic Fundamentals (Individual)

Offense

Speed Dribbling Offense



Speed Dribbling

Dribble as quickly as possible under control

Baseline to the halfway line

- Right hand x2 (up and back)
- Left hand x2 (up and back)

2 Ball Dribbling

Dribble 2 basketballs

- Same Time x2 (up and back)
- Alternating x2 (up and back)

If you don't have another ball catch a tennis ball whilst dribbling

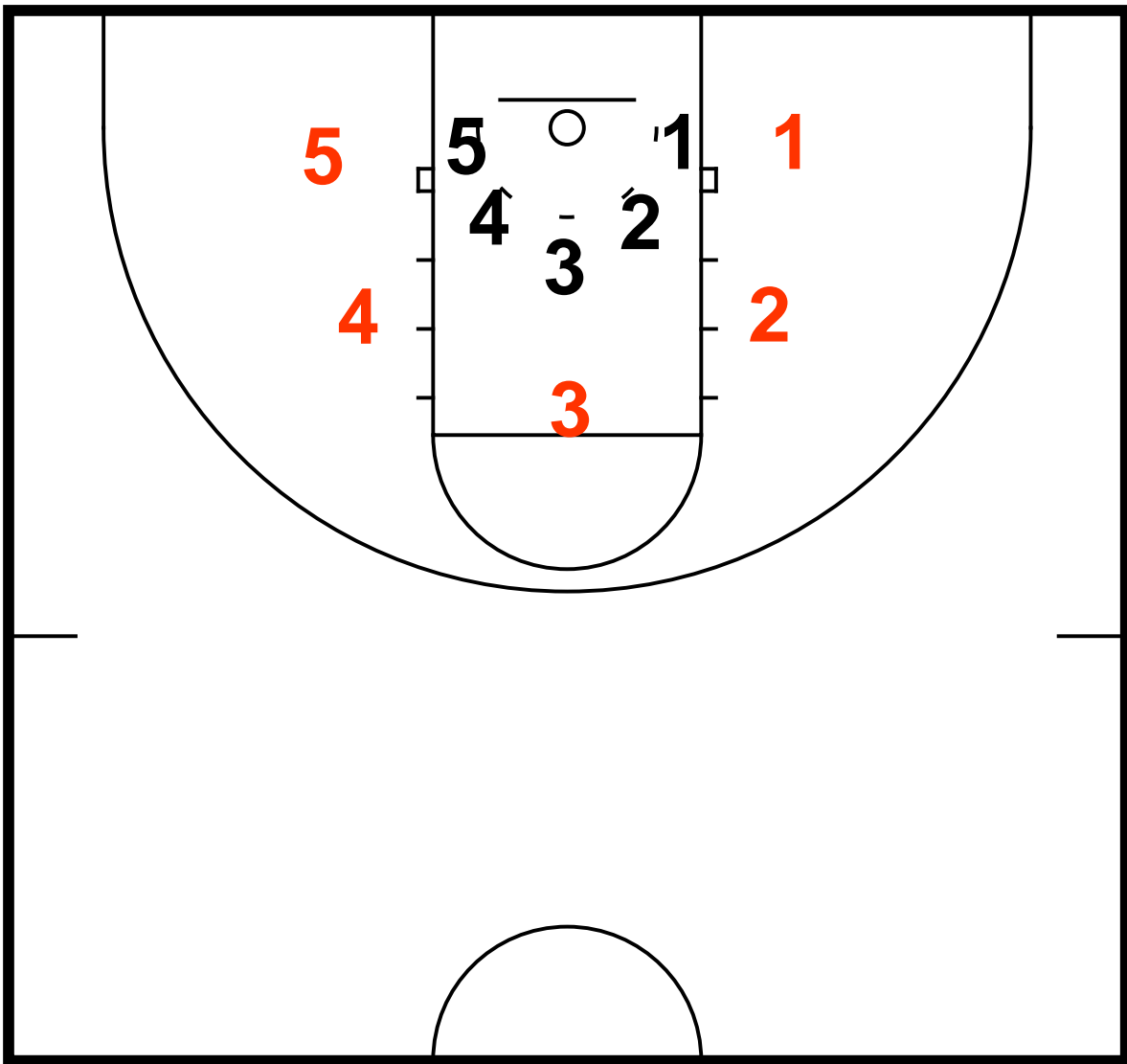


Basic Fundamentals (Individual)

Offense

Form Shooting (Around The World)

Offense



Form Shooting (Around The World)

Make 2 shots from each spot

Concentrate on good form

Jump Stop + Shot

Start further back

Drop basketball

Jump stop and shoot

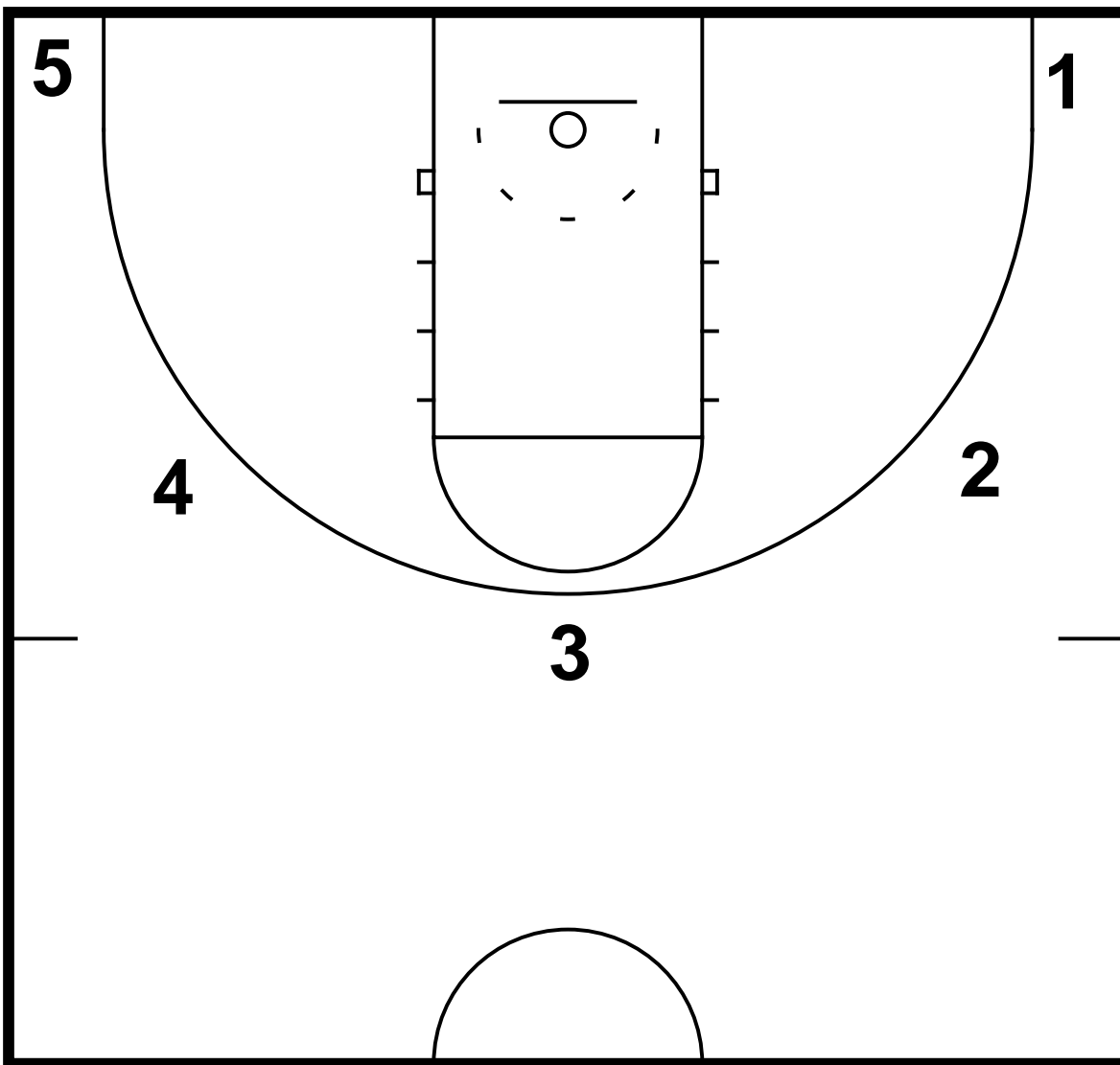
Make 2 shots from each spot



Basic Fundamentals (Individual)

Offense

5 Spot Lay-ups
Offense



5 Spot Lay-ups

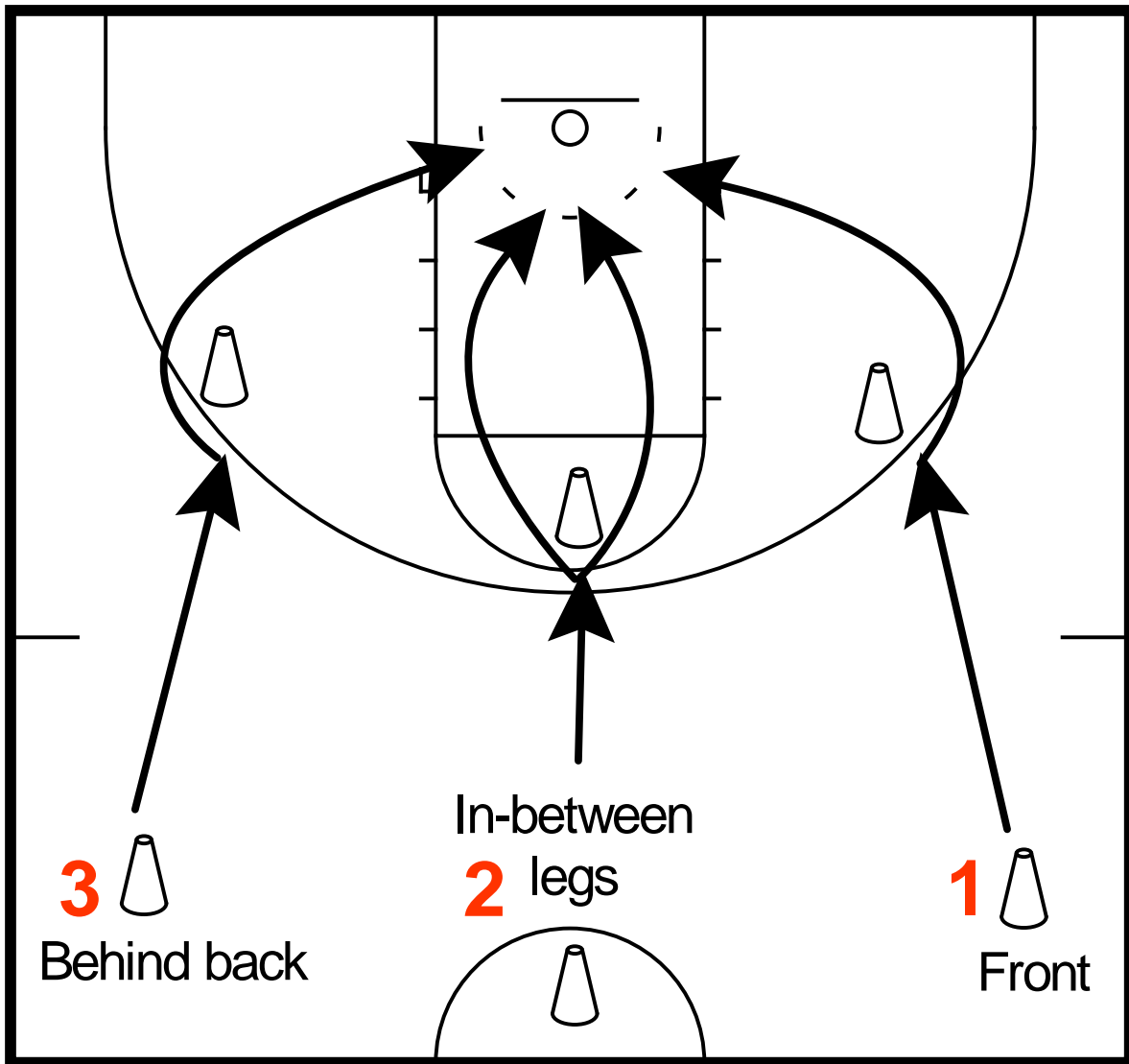
Make 3 lay ups from each spot



Basic Fundamentals (Individual)

Offense

Stationary Crossover + Lay Ups Offense



Stationary Crossover + Lay Ups

5 stationary crossovers at cone

Then dribble to 3pt line

Crossover and make a lay up

Make 2 lay ups at each spot