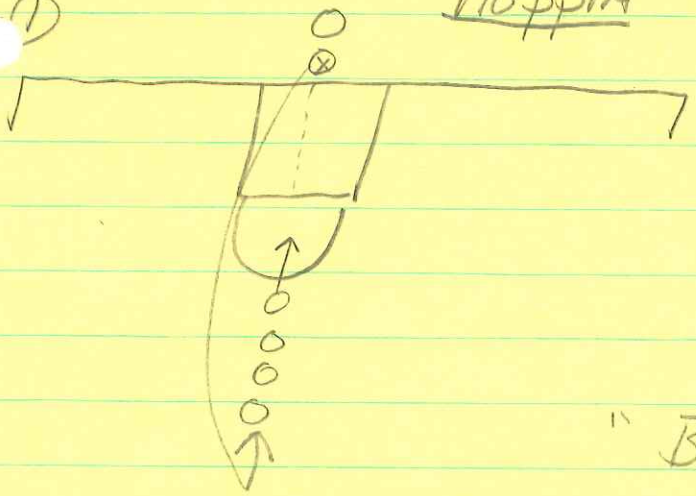
Hoppla

(1)

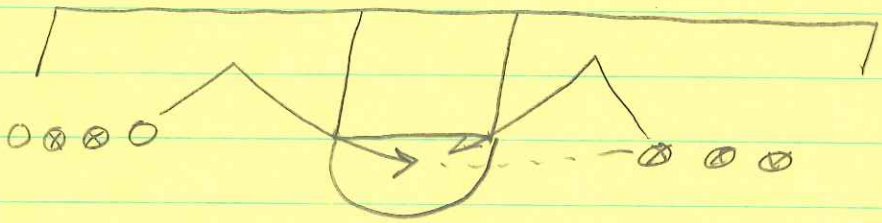


1. Get own reb.
2. 1 ball

"BASEBALL"

1. pick a #
2. 3 misses "one outs"
if you don't get the
- up/back. 7 or 9 ina.

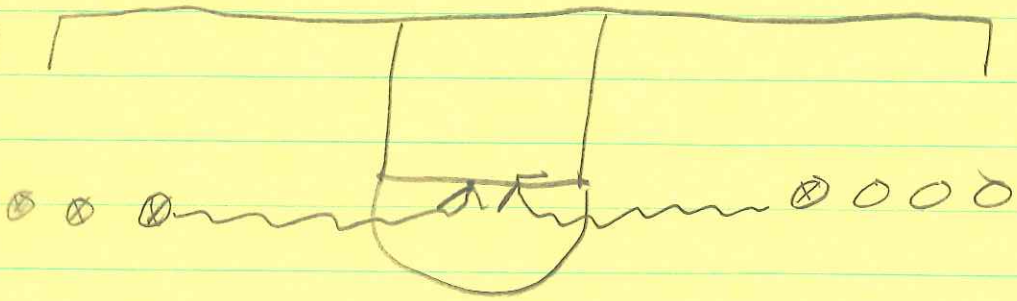
(2)



V cuts

1. alternate sides

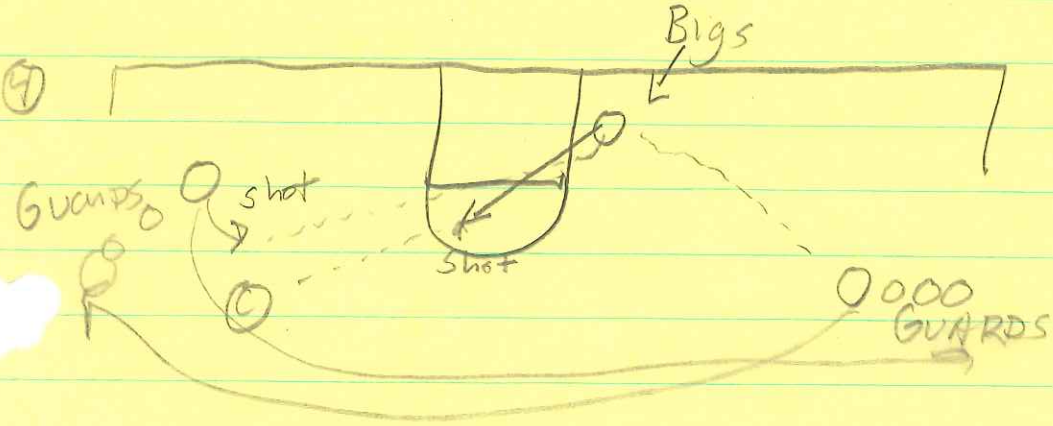
(3)



2 Dribble

1. alternate sides

(4)

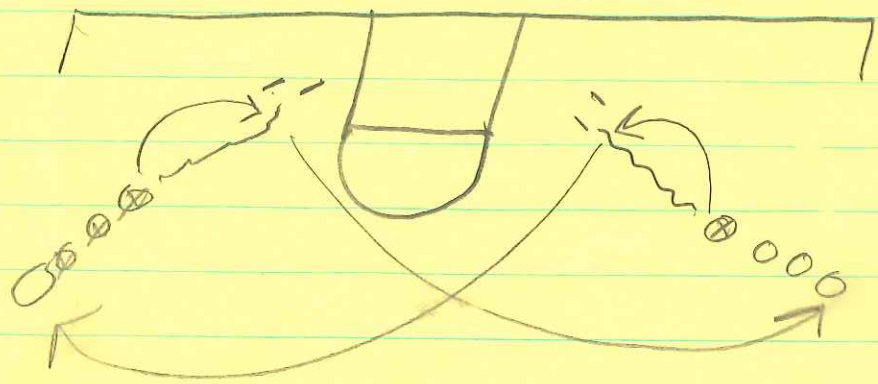


3 man Drill

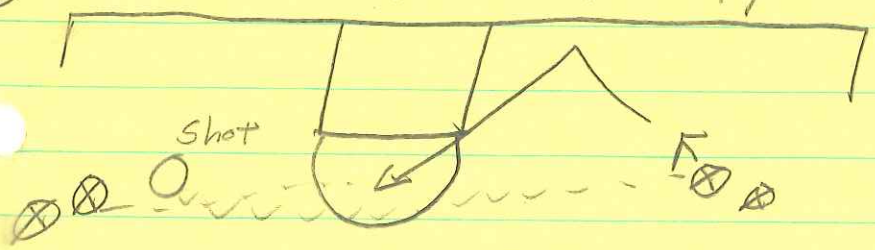
2 shots

(5) SELF TOSS / WING

Bank Shots

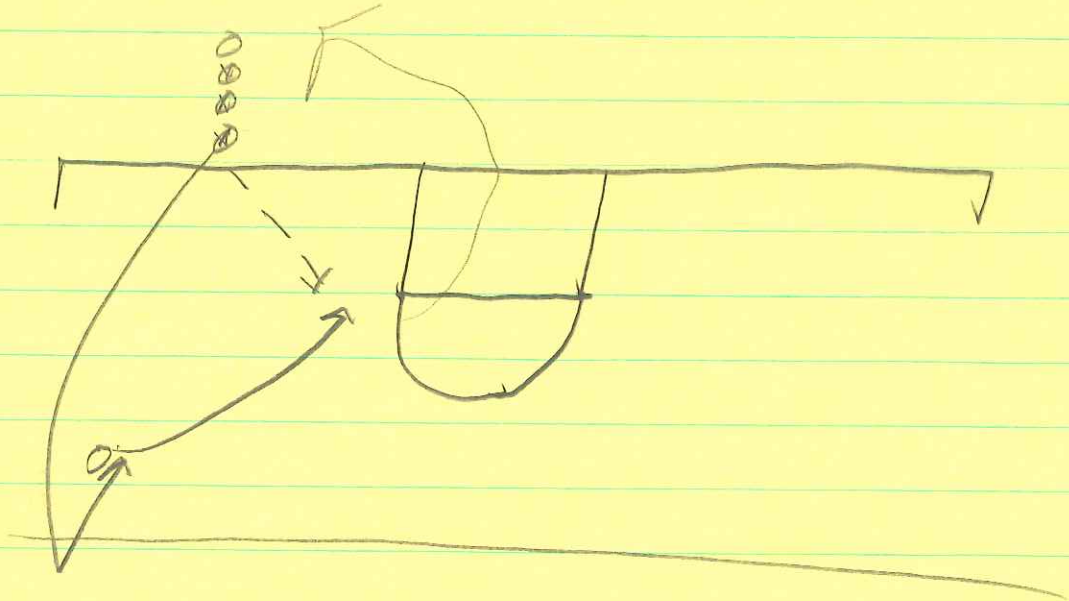


(6) Fake Post / Skip / V Cut



1. Fake Post Pass
2. Skip It
3. V-Cut to ball

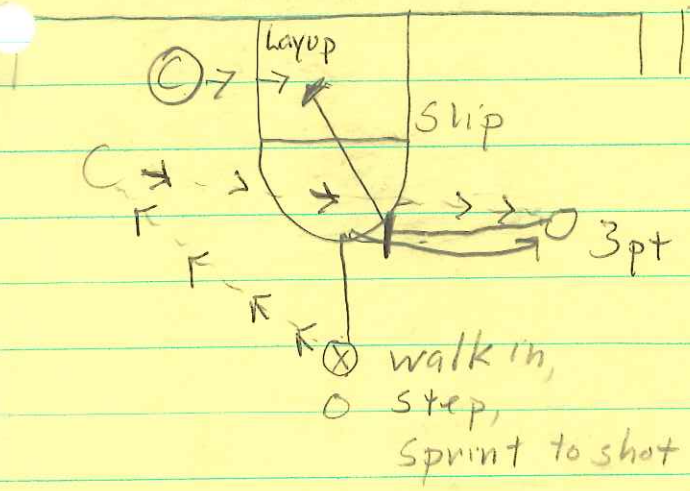
(7)



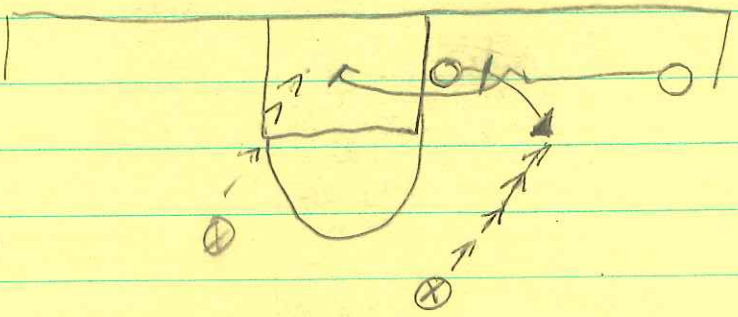
pass- ½ ct-
into elbow shot

2 man 2 Ball

"FLARE" "SLIP"



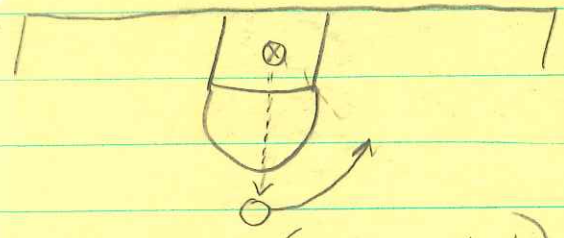
"Flex Flare"



COMPETITION

"50 pt Drill" (3's/2's)

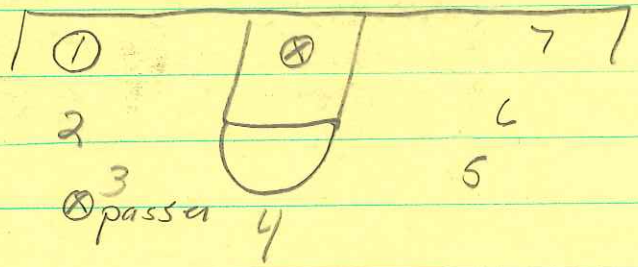
Catch all passes outside 3.



1. make a 3 (stay until)
2. 1 dribble pull up (rt)
3. Sprint behind 3 (1/2)
4. 1 dribble pull (left)

Go to 25 pts/switch

"1:30 Drill" (3's)



- make 14 from 7 spots
- 2 in a row before moving on.

Ball handling Workout

The purpose of this workout is to improve your ball handling. The key to this part of your skill development is to work as hard as you can—go hard enough to make a mistake. This is merely a guide for you—use your imagination and challenge yourself. Larry Bird said that the greatest players are those who have the best imaginations. According to Scottie Pippen, if something is hard, chances are it's doing you some good.

If you have any questions please contact me at 07jpw@williams.edu.

Work Hard,
Phil Wall

A. Warm-up:
   a. Finger Squeezes (50 on each hand)
   b. Ball Smacks (25)

B. Body Circles: Do these as hard as you can for a period of 30 seconds. Count the revolutions and mark your improvement. Challenge yourself.
   a. Ankles
   b. Waist
   c. Head
   d. Ankles, Waist, Head
   e. Between the legs and around the back - Bend at waist w/ left foot forward--pass the ball between your legs from right to left hand and continue up and around the back to the point of beginning (then do it with right foot forward and start with the ball in your left hand).
   f. Alternating Ankles (twice around both, twice around one)
   g. "Duck Walk"- go as fast as you can while passing the ball between your legs (when coming backward be sure to pass it from front to back)

C. Dribbling:
   a. Lie on back with eyes toward the ceiling—dribble the ball with fingertips while arms are fully extended (count 50 on each hand)
   b. Sit up with legs spread, pound the ball with arm fully extended- one dribble on right side, one dribble in the middle, and one dribble on left side, then go back (30 seconds with right and left hand)
   c. Stationary Moves
      i. Control dribble
      ii. Crossover (2 dribbles w/ right, crossover, 2 dribbles w/ left, crossover)
      iii. In-and-Out (2 dribbles, in-and-out). 30 seconds on right and 30 seconds on left.
      iv. In-and-Out Crossover (2 dribbles, in-and-out, then crossover)
   d. Two Ball
      i. Pound both balls simultaneously
      ii. Alternate