



Start here with ball



1 dribble, pushed out HARD,
to get to the first cone



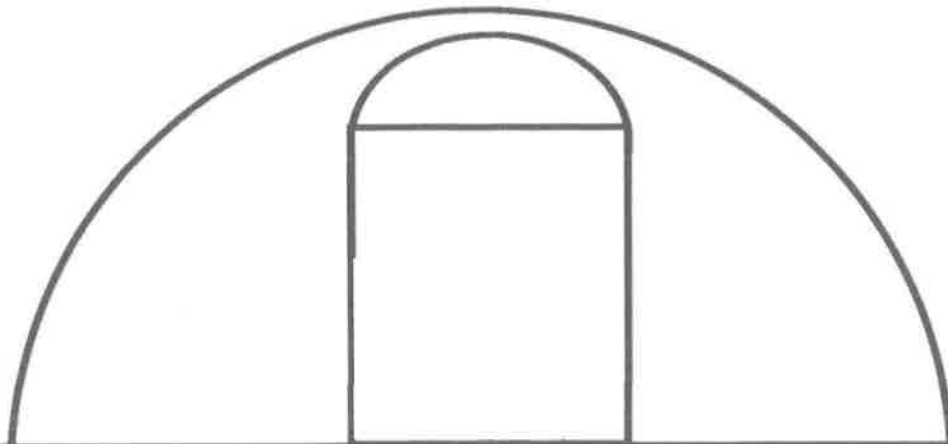
Make the move at every cone

*GAME SPEED: Attack this cone,
make the same move, any finish*

Push dribble in front of you, attack this cone,
make the same move at the cone

Same here too, but then get ball to RIGHT
hand after the move

You can use cones, chairs, trash-cans, or anything where the triangles are



**SW Mississippi Basketball
Group Workouts, #1
Tuesday, August 11, 2015**

5	Intro & why & technique
10	Form shooting routine - 66 shots
	Straight ahead, 5/5/5/5 + FT
	Side 3/3/3 + FT
	Side 3/3/3 + FT
	Short Shots (8/8/8) + FT
10	5 Spots, 10 shots (goal is to make 7) - 15 feet
15	5 Spots, 10 shots (goal is to make 6) - 3's
15	3 players: Hubie Browns
10	3 players: 3 guys / 2balls
10	4 players: 3's, 2's, 1's
3	Water & set up Circuit Shooting Drill
15	Circuit Shooting Drill (10 reps)
93	

“Shot preparation”

“Game speed”

“Nothing is more important than making the ball go through the hoop!”

Groups

Form Shooting

Chris + Bryce + Zach
Terrell + James
Laf + Guy + Rod
PeeWee + Bryce
Derrick + Joseph
Trell + Mario

3 players

Chris + Derrick + Zach
Terrell + James + Trell
Laf + Guy + Mario
PeeWee + Bryce + Joseph
Rodrick + managers

4 players

Chris + Derrick + Zach + Rod
Terrell + Trell + Laf + Guy
Mario + Pee + Bryce + Joseph + James

SW Mississippi Basketball
Individual Workouts, #2
 Tuesday, August 18, 2015

FUNDAMENTAL WEEK – “BREAK THE RUST” & “SET THE TEMPO”

3	Stationary Ball Handling
5	2 Ball Stationary Ball Handling
4	2 Ball On-the-Move
6	DHO Drill work w/ dribbling moves (left side)
2	Stationary Ball Handling
4	Partner Passing with dribble
6	Quick Rips (R+L) from wings & slots (Manager w/ pad)
	2 Layups
	2 Pull-ups
30	

1:00 PM	Group 1: Chris, Bryce, James, Rodrick
1:30 PM	Group 2: Terrell, Zack, Sean
2:00 PM	Group 3: Lafayette, Joseph, Guy
2:30 PM	Group 4: PeeWee, Derrick, Mario, Trell

“You must go hard for 30 full minutes”
“Don’t be afraid to make mistakes”
“Next play” mentality

Managers (Coach DuBose assist with making sure they know):

5-8 towels

The rack of balls on the baseline, centered against the pad on the wall.

Blue Pad

#55

Coaches:

High energy. Positivity. Set the tempo.