

Sample Training Session

6 Cones on Sideline (2 Players per Cone) (30 Mins)

- 1) Control Dribble to Opposite Sideline and Back (Right Hand & Left Hand) 3X
- 2) Speed Dribble to Opposite Sideline and Back (Right Hand & Left Hand) 3X
- 3) Two Dribbles Then Crossover -Two Dribbles w/Opposite Hand then Cross Over 3X
- 4) Two Ball Stationary Dribble (Pound / Synchronized) (30 Sec / 6x)
- 5) Two Ball Stationary Dribble (Pistons / Alternating) (30 Sec / 6x)
- 6) Two Ball on the Move (Pound) to Opposite Side Line and Back 3x (3:20)
- 7) Shuffle Slide Passing Drill to Opposite Sideline and Back (Chest Pass) 3x
- 8) Shuffle Slide Passing Drill to Opposite Sideline and Back (Bounce Pass) 3x
- 9) Two Ball Simultaneous Passing Drill - Two Player Passing Drill (if time allows)

Skill Development Stations (2 Players per Basket) (30 Mins)

- 1) Short One Hard Dibble Layups (Work on Inside Plant Foot) (Right Side & Left Side) (7 Mins)
- 2) Form Shooting Drill (5 Shots & Switch Out) (Resting Players Passing Drill) (7 Mins)
- 3) Modified Mikan Shooting Drill (10 Shots & Switch Out) (Resting Players Static Drill) (7 Min)
- 4) Dribble to Foul Line - Jump Stops, Pivot & Pass Back (Front & Reverse) (4 Mins)
- 5) Elbow to Elbow Shooting Drill (5 Shots & Switch Out) (1 Player Rebound) (5 Mins)

Small Sided Scrimmages (3 v 3) (Rotate Players)

Full Scrimmage (if players and time allows)