


Individual Work-out

Defensive Emphasis: Stance & footwork

Offensive Emphasis: Individual fundamentals

Thought of the Day: "If it is to be, it is up to me"

Time		Activity	Comments/Emphasis
11:00 AM	3	Ball handling set	Wraps, stationary dribble moves at tempo
11:03 AM	3	Mikan drill	15 makes either hand (continuous lay-ups)
11:06 AM	4	Form shooting	1 hand form (all net), add guide hand
11:10 AM	5	X-out lay-ups	Dribble to elbow, turn & dribble into lay-up, dribble to opposite elbow, turn for lay-up etc. 4 sets of 4 each side
11:15 AM	4	Spin out shooting	Catch & square-up from the base-line spin out
11:19 AM	4	Drink/free throws	Shoot 4 sets of 2 free throws
11:23 AM	4	Elbow to elbow slides	3 sets of 15 seconds, defensive slide from elbow to elbow, staying in stance the whole time
11:27 AM	8	1 dribble jump shots	Wing, guard spot, wing - make 5 going each way at all 3 spots
11:35 AM	4	Drink/free throws	
11:39 AM	6	Catch & shoot (stretch spot)	Make 10 each side, turn & face quickly on the catch
11:45 AM		**End of Practice**	

Comments:

- Execute all drills in a stance
- All drills to a target or against the clock
- Visualise defence in all drills, game specific movement
- Finish all offensive drills on a made basket