


# Individual Work-out

*Defensive Emphasis:* Footwork and close-out technique

*Offensive Emphasis:* Ball handling, moves off the dribble

*Thought of the Day:* "Excellence is not an act, but a habit."

Time		Activity	Comments/Emphasis
11:00 AM	3	Left hand dribble	50 left hand dribbles at pace (stationary)
11:03 AM	4	Cone dribbling	Crossover at each cone, stay low, all crossovers
11:07 AM	4	No dribble lay-ups	Correct footwork, make 10 each side
11:11 AM	4	Elbow close-outs	Start in the middle of the foul-line in a stance. Close-out to the left elbow, then get quickly back to the middle, then close out to the right etc
11:15 AM	4	Drink/free throws	Shoot 4 sets of 2 free throws
11:19 AM	6	Spin out shooting	Spin out for catch & shoot. Make 15
11:25 AM	6	1 dribble jumpers	From guard spot, make 15
11:31 AM	3	Elbow to elbow slides	3 sets of 20 seconds
11:34 AM	4	Drink/free throws	Shoot 4 sets of 2 free throws
11:38 AM	7	Catch & rip moves	Spin the ball out, rip it through for move off the dribble. Shoot 15 in either guard spot
11:45 AM		**End of Practice**	

## Comments:

- Be sharp with the dribble
- Cover ground on all dribble moves - stay down
- Keep the ball low on rip moves - be strong on the rip