Practice Make up- must be verified by coach, manager or person approved by coach

Physical practice

5 60’s- can be done at lunch or right after school before another team’s practice starts.

25 burpees

25 pushups

25 squats

25 jumping jacks

Basic skills

Close out drill with defensive slides- 5 times

Shooting practice

These can be done at lunch or right after school before another team’s practice starts

Shooting form without the ball- 50 shots on the line

20 foul shots (made)

10 made elbow shots- 10 each side- with proper footwork)

10 made right hand layups

10 made left hand layups

5 jab series each side (Jab and shoot, jab and go, jab and pull up, jab and crossover, jab, crossover and pull up)- made shots

5 post moves each side (drop step [both ways], turn around jumper, rainbow) made shots

Ball handling

- 10 around each leg both ways, 10 around waist –both ways, top to bottom both ways 10 times

-2 ball drill- 30 low dribble, 30 low dribble alternating hands, 30 low to high dribble, 30 window wipers (low), 30 back and forth (low)

-1 ball- 20 back and forth (both sides) 20 between legs (both ways) 20 pull and push back to other side (both ways)

Review plays and defensive rotations