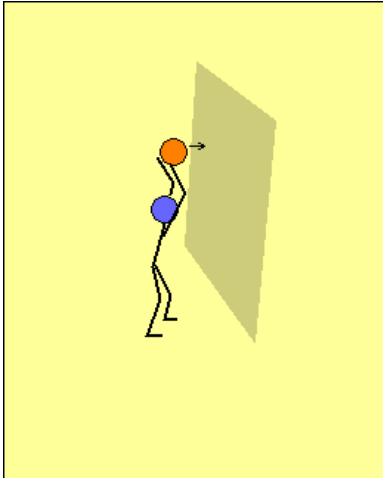


Mike M^{ac}Kay - Manager of Coach Education and Development

Post work out



1) Wall dribbling

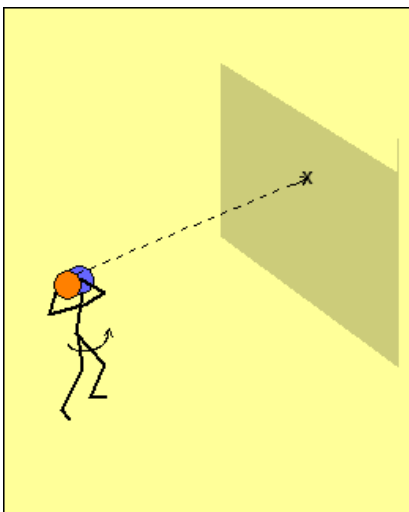
This is to work on shoulder strength, finger pad control and tipping the ball. Work both hands.

Keys:

- keep the arms high
- absorb the ball not slap the ball

Load

- move the ball in a clockwise circle
- counter clockwise
- Pound the ball with tow hands



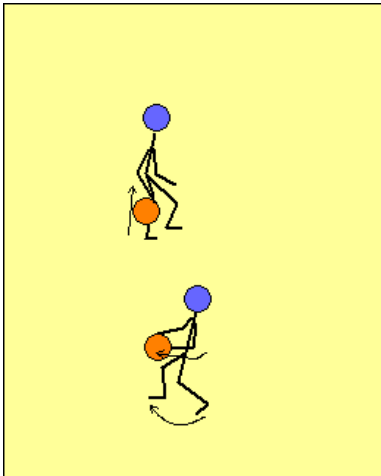
2) Football shoulder pass

The players tossed the ball in the air landed with a 1/4 turn to look like a QB. The pass was made to a high target on the wall. It must return to them without a bounce.

Note: If the players do not release it in front of the face they have a tendency to push the ball and not throw the ball. I had the players roll the ball across the hair line to feel the path that the ball would follow.

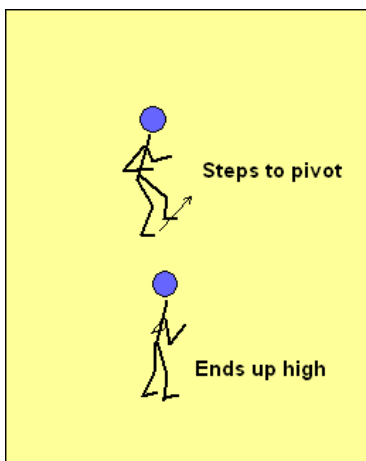
Load

- Both shoulders
- Break out dribble to a pass



3) Spin dribbles

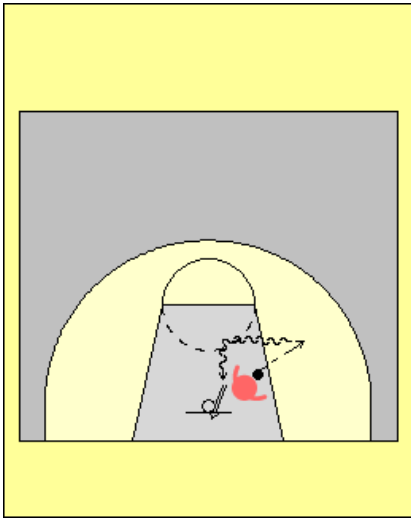
- Dribble the ball while pulling the ball to the near hip. Reach down to absorb the maximum energy from the ball.
 - Dribble the ball, back pivot a 1/4 turn and pull the ball close to the hip.
- Note: We had to speed 5 minutes reviewing pivots.
- Same as above but do a 1/2 turn until your back is facing the wall. Bounces pass the ball to the wall.
 - Pick a line on the floor and spin dribble staying on the line. Alternate hands.



4) Pivot

Having watched players pivot I have concluded that too many players are stepping and not turning. When you step the body raises up. When the player reaches the new position they will no longer be in a balanced athletic stance. This is especially true on back pivots.

A pivot is the hips turning as the body bend stays at the same height.



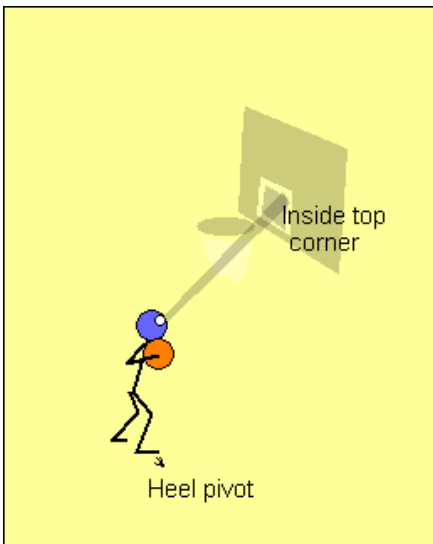
5) Post crab dribble spin

Start with a low self toss. Jump stop and bring the ball up to the baseline ear as you scan to the middle of the floor. Dribbling with the baseline hand attack the front of the rim. When the imaginary defender shows chest spin back to score.

Note: We were just introducing today so I did not focus on the various types of finishes. The focus was on the spin dribble.

Load

- work both sides
- add a guided defender to show chest



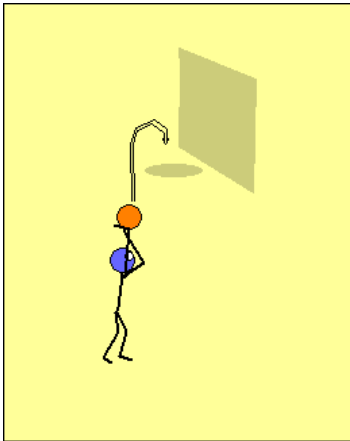
6) Mikan

Start in an athletic stance (get them bent at the hips) with the ball up by the ear. Start with a small heel pivot. This points the toe in the direct you are stepping and clears the hips for the left leg. Climb the ladder with the left leg (it should look like the foot is being placed on the first

rung). Locate the target early with quiet eyes. Shoot the ball with a baby hook action off the inside corner of the top square. Go slow and start in the starting position to now go to your left. We want high releases.

Load

- Continuous in rhythm
 - Under the basket. - be sure to reach up not out.
- We will keep loading the drill as the weeks go on.



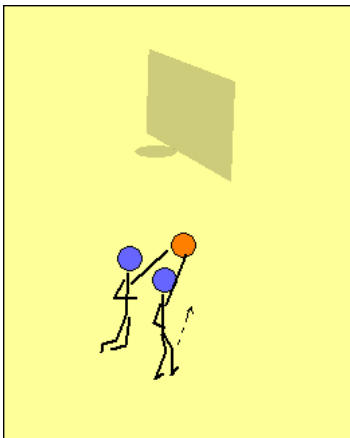
7) Baby hook

Toss the ball to a spot where you can jump stop in front of the rim. Simulate a duck in to this spot. Bring the ball up to the ear and give a little "**washing machine**" fake. This is just a upper body twist and twist back the lower body stays still. Give a heel pivot opposite the washing machine fake. This is a gather step that now allows for the 1/4 pivot to shoot the baby hook. The body should be perpendicular to the basket. The release point is up and in front of the face. Too many will want it behind the head. It should be in their peripheral vision.

Many of the players will want to drop step instead of hell pivot. This means you must go off one foot. Most will drop then square which is a travel. The hell pivot allows one to stay low and open the hips for a strong pivot. Go back and find tape of Kevin McHale to see it at its best.

Load

- Up and under if the defense over commits to the block - just and eye fake to raise the defender
- vs. guided defense



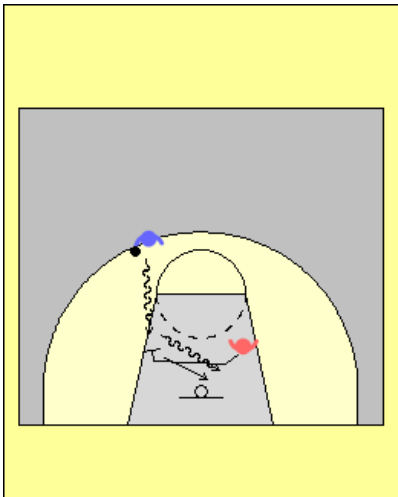
8) Shot blocking

The coach walk to the basket with the ball above his/her head. The help defender drop pivots and approaches the coach like a spike in volleyball. Taking off two feet the player times his /her jump to when the ball is released. Tip the ball into the court with the left hand on the right side and the right hand on the left side. Go behind the shooter not in front. By using the opposite hand you keep a space and do not cross up your body.

Load

- in
- shoot a lay up
- players vs. players - it is excellent to teach players how to shoot contested lay ups.

Note: the key is to time the jump and block the spot where the ball will be released over the head. Once they find this spot it is awesome what they can do.



9) Live shot block

The player with the ball starts at the high elbow. She drives straight to score a right hand lay up. The help defenders sprint over to show chest in the drive line. The offensive player spin dribbles to go and score with a left hand baby hook. The defender back pivots steps and attempts to block the shot with the right hand.

Note: After every drill the players had to make two foul shots. We will slowly begin to load in consequences for the makes and misses. We will also do live box outs.

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