

PLAY LOW

SKILL ACADEMY

Daily Workout 3:

Stationary Ball Handling Skill Work (find a small object like a tennis ball to use):

- Start with the object in your left hand and ball in your right hand. Toss the object in the air with your left hand 12 times as you dribble hard with your right hand. The ball should not come above the waist. Be sure you are in a good athletic position doing this---feet shoulder-width apart, knees bent, butt down, head up.
- Start with the object in your right hand and ball in your left hand. Toss the object in the air with your right hand 12 times as you dribble hard with your left hand. The ball should not come above the waist. Be sure you are in a good athletic position doing this---feet shoulder-width apart, knees bent, butt down, head up.
- Repeat above two more times!
- Start with the object in your left hand and ball in your right hand. Take 3 rhythm dribbles with your right hand and toss the object in the air from your left hand to your right hand as you make a tight low crossover dribble from your right hand to your left. Repeat this 12 times!

On the Move Ball Handling Skill Work:

- Place a chair in your driveway and attack it with the following moves:
 - Blow-by---go as fast and low and tight to the chair as possible
 - Hesi--- go hard at the chair and then pull up for a split second, hesitate, and blow-by it
 - Crossover---go hard at the chair and make a hard crossover. Do not "banana" around it. Stay tight and straight. The fastest way from point A to point B is a straight line
- Work on each move for 5 minutes with your right and left hand.

Scoring Skill Work:

- Lay on your back and complete 25 fundamental shots. Start with the elbow on the ground and tight to your body. be sure to lock out the elbow and finish with fingertips down on your shot.
- Start under the basket and toss the ball out in any direction. Quickly go get it, square up to the basket and immediately attack the basket. Finish with a one-foot or two-foot layup. Do this until you make 12.
- Start 15-18 feet away from the basket. Give a self-pass, square up and shoot. Shoot until you make 12.
- Repeat above
- Time yourself playing to 50 the following way:
 - Pick a spot and shoot. A swish is worth 3 points, a make that hits rim or backboard is worth 2 points, a miss that is caught before it hits the ground can be dribbled in for a layup worth 1 point.
 - Keep shooting from the same spot.
 - How long does it take you to get to 50?
 - Pick another spot, time yourself, and play again.

Quote of the Day:

“Without self-discipline, success is impossible, period.” – Lou Holtz