

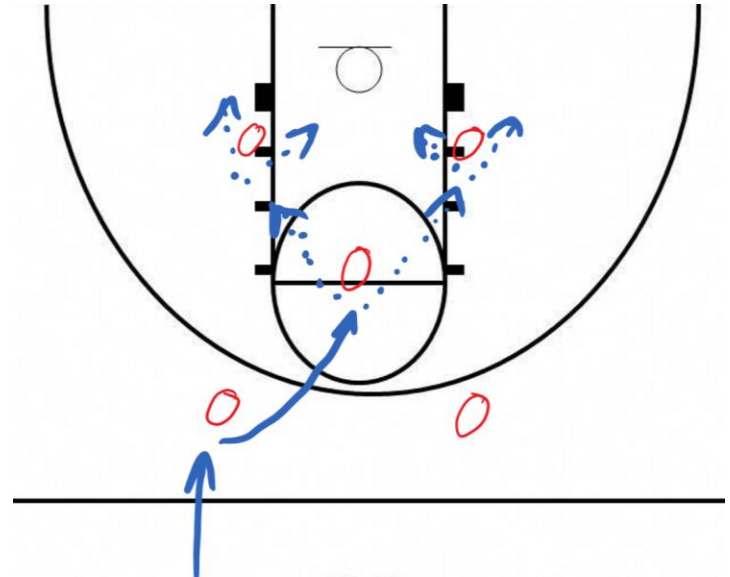
# PLAY LOW

## SKILL ACADEMY

Daily Workout 5.28.2020

### Ball Handling – Creativity in Tight Spaces

- Set up 5 cones/chairs/objects in the X pattern shown.
- Attack one of the top two cones with a dribble move to the middle.
- Attack one of the two cones by the block with a step through/spin/finishing move.
- Be creative, use as many different moves/move combinations as you can!
- For ideas, check out Kyrie Irving's one-man press break in this clip: [Kyrie Irving Press Break](#)
- Do this minimum of 10 times.



### Shooting –

- Put a stationary object 10-15 feet from the hoop
  - Stand still at that object, shoot a jumper
  - Walk up to that object, pull up jumper
  - Jog up to that object, pull up jumper
  - Sprint up to that object, pull up jumper
- Alternate hands you use into your jumper.
- Do this rotation minimum of 5 times.

### Quote of the Day

*“The one thing about Michael Jordan was he never asked me to do something that he didn't do.”*  
- MJ