

PLAY LOW

SKILL ACADEMY

Daily Workout 5:

Ball Handling

4 Rounds of:

- 10 hard pound high-to-low dribbles each hand
 - (Dribble 5 or 6 times at your head, then in one motion bring the ball down to ankle height)
- 10 stationary dribble figure 8s with low dribbles.
 - Try to get between 8-10 dribbles each figure 8. (try this with your eyes closed!)
- 10 stationary behind the back dribbles.
 - Take 2-3 rhythm dribbles before each crossover.
- 10 stationary inside out dribbles each hand.
 - Take 2-3 rhythm dribbles before each inside out
- 10 inside-out crossovers and finish at the rim. Place an object (cone, toy, rock) in your driveway on the right and left side as your “defender”
- 10 on the move create your own combos. Complete the same drill as above with a combination of multiple dribbling moves in quick succession and finish at the rim.

Finishing/Shooting

3 Rounds of:

- Shoot until you make 10 pull up jumpers (2-3 dribbles)
- Shoot until you make 10 reverse layups alternating sides (make 10 total)
- Shoot until you make 10 floaters. Shoot floaters 8-10 feet from the basket.
- Shoot until you make 10 fundamental shots 2-3 feet in front of the rim.
- Shoot until you make 10 face up jumpers
 - Back to the basket, spin the ball to yourself, pivot/reverse pivot, rise up and shoot. You can even add a jab step in before your shot.

Quote of the Day

“Hard work is only as good as the brain behind it. Self-assess your shooting, ball handling, and footwork every day.”