

# PLAY LOW

## SKILL ACADEMY

Workout 4.14.20

Today's Focus: Behind the Back Moves

### Ball Handling

2 Rounds of:

- Figure 8 in the air- 10 times one way and reverse 10 times
- Figure 8 dribble- 5 times one way and reverse 5 times. Keep the ball tight to ground.
- Sit in a chair and dribble behind your back- 20
- Stand in athletic stance and dribble behind your back- 20
- Place two small objects in a line on your driveway about 6 feet from each other and complete the following:
  - Dribble at objects and complete behind the back crossover at each object- 6 times (watch [Steph Curry video](#), notice how he comes to a quick jump stop before completing move)
  - Dribble at objects and complete wrap around behind the back at each object- 6 times (watch [Nikola Jokic video](#))

### Shooting (30 minutes)

2 Rounds of:

Place a small object at top of key and freethrow line and complete the following:

- Dribble at objects and complete behind the back crossover and finish with 1 foot lay-up (jumping off of one foot) until 6 made shots.
- Dribble at objects and complete behind the back crossover and finish with 2 foot lay-up (jumping off of two feet) until 6 made shots.
- Dribble at objects and complete behind the back crossover and finish with pull up jumpers until 6 made shots.
- Repeat above with wrap around behind the back move.
- Play "Beat Your Favorite Pro". Pick a spot and shoot. If you make it, you score 1 point. If you miss it, your favorite pro scores 2 points. Never shot from the same spot twice in a row. Play to 12. You will need to shoot 70% to win!

### Quote of the Day

*"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." -Michael Jordan*