

PLAY LOW

SKILL ACADEMY

Workout 4.21.20

Today's Focus: Kyrie Irving Spin Move

Ball Handling

- Watch [Kyrie Irving's spin moves](#)
- Right hand warm-up: 10 dribbles waist high, 10 dribbles at shoulder high (keep hand on top of ball), 10 dribbles tight to the ground. Pound the ball hard on each dribble.
- Left hand warm-up: 10 dribbles waist high, 10 dribbles at shoulder high (keep hand on top of ball), 10 dribbles tight to the ground. Pound the ball hard on each dribble.
- Start and Stop: dribble down your driveway hard for 3-4 dribbles, stop on a dime, and explode forward for another 3-4 dribbles. Repeat 5 times.
- Spin move practice: place a small object in your driveway and attack it with a right hand dribble. When you get to the object, jump stop and reverse pivot on your left foot as you pull the ball and spin around the object. Repeat from the other side with your left hand. Complete 10 right hand spin moves and 10 left hand spin moves.

Scoring

Place a small object on the ground in front of the hoop 4-5 feet and complete the following:

- Dribble hard at the object with your left hand, jump stop, and reverse pivot on your right foot as you pull the ball and complete the spin move. Finish with a right hand lay-up as you jump off your left foot. Repeat until you become smooth and have made 5 lay-ups in a row.
- Shoot 10 free throws and write down your results.
- Dribble hard at the object with your right hand, jump stop, and reverse pivot on your left foot as you pull the ball and complete the spin move. Finish with a left hand lay-up as you jump off your right foot. Repeat until you become smooth and have made 5 lay-ups in a row.
- Shoot 10 free throws and write down your results.

Place a small object on the ground in front of the hoop 12-15 feet and complete the following:

- Dribble at the object with your left hand and complete a spin move and pull up for a jumper. Repeat until you become smooth and have made 3 shots in a row.
- Shoot 10 free throws and write down your results. behind the back crossover and finish with 1 foot lay-up (jumping off of one foot) until 6 made shots.
- Dribble at the object with your right hand and complete a spin move and pull up for a jumper. Repeat until you become smooth and have made 3 shots in a row.
- Shoot 10 free throws and write down your results.
- Be creative. Work on the spin move incorporating different moves and shots. For example, make a crossover dribble and go into the spin move. Watch Kyrie's highlights again to get inspired!

Quote of the Day

How good can we expect to be if our best player is not our best teammate" – Brad Stevens