

PLAY LOW

SKILL ACADEMY

Workout 5.12.20

Today's Focus: Shooting Micro-Habits

Ball Handling

We will work at attacking in open space. Set up a cone or small object around 12-15 feet in front of the rim. Start at the cone with your back to the basket. Give yourself a self-pass out and away from the cone or object and complete the following:

- Inside pivot on your left, rip the ball to your right hand and attack the cone or object with a crossover dribble and finish with a lay-up. Repeat with a crossover between the legs, behind the back, and inside out move. Go until you have made 15 lay-ups.
- Inside pivot on your right foot, rip the ball to your left hand and attack the cone or object with a crossover dribble and finish with a lay-up. Repeat with a crossover between the legs, behind the back, and inside out move. Go until you have made 15 lay-ups

Scoring

- Begin 2-3 feet away from the rim and work on fundamental shooting. Start with the ball at your set point. You will know that it is your set point when your shooting elbow is under the ball and parallel to the ground. Your wrist will be directly above your elbow. This should look like an L. Shoot from this position until you have made 50 shots. Be exact with your elbow and wrist. It is the only way to establish healthy micro-habits.
- Play five games of 1-2-3. You have 60 seconds to do the following:
 - From the top of the key dribble in for a lay-up. A make is worth 1 point.
 - Dribble back out to the top of the key and then dribble in for a pull-up jumper around the free-throw line. A make is worth 2 points.
 - Dribble back to the top of the key for a shot. A make is worth 3 points.
 - Repeat sequence until 60 seconds is up. How many points did you score? Now beat the record!

Quote of the Day

"If you tell the truth, you don't have to remember anything." -Mark Twain