

# PLAY LOW

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## SKILL ACADEMY

Workout 5.26.20

Today's Focus: Mike Conley Floater

### **Ball Handling**

We will work at changing pace and direction today.

- Find an area 30-50 feet in length and complete 5 rounds of the following:
  - Dribble down with your strong hand and back with your weak hand at 25% speed.
  - Dribble down with your strong hand and back with your weak hand at 50% speed.
  - Dribble down with your strong hand and back with your weak hand at 75% speed.
  - Dribble down with your strong hand and back with your weak hand at 100% speed.
  - Dribble down with your strong hand and back with your weak hand changing speeds every 10 feet. Example- 50%, 100%, 25%, 75%
- Place 10 small objects in your dribbling space and complete 5 rounds of the following:
  - Dribble at an object and make a dribble move (crossover, between the legs, etc.) and go attack another object. Be sharp on your change of direction and go until all objects have been attacked.

### **Scoring**

- Take one dribble from the free throw line area and shoot a jumper off of ONE foot. Jump off your weak foot and shoot with your strong hand. Go until you have made 20 total.
- Take one dribble from the free throw line area and shoot a jumper off of TWO feet. Shoot with your strong hand. Go until you have made 20 total.
- Repeat each above, but move back so that you are taking 4-5 dribbles to get into the lane.
- Repeat each above and come at the lane from different angles each shot.

### **Quote of the Day**

*"A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals." -Larry Bird*