PLAY LOW

SKILL ACADEMY

Workout 5.7.20
Today's Focus: Tim Duncan Bank Shot

Ball Handling

We will work at attacking in tight quarters. Set up 4 cones or small objects around 12-15 feet in front of the rim. The cones or small objects should be placed in a line 2-3 feet from each other. Complete 5 rounds of the following:

- Begin 5-8 feet in front of cones with the ball in your right hand. Attack the cones with a tight crossover below the knees at each cone and finish with a right hand lay-up. Repeat by beginning with the ball in your left hand and finish with a left hand lay-up. This is one complete round.
- Begin 5-8 feet in front of cones with the ball in your right hand. Attack the cones with a crossover between the legs at each cone and finish with a right hand lay-up. Repeat by beginning with the ball in your left hand and finish with a left hand lay-up. This is one complete round.
- Begin 5-8 feet in front of cones with the ball in your right hand. Attack the cones with a crossover behind your back at each cone and finish with a right hand lay-up. Repeat by beginning with the ball in your left hand and finish with a left hand lay-up. This is one complete round. .

Scoring

All shots are off the backboard. Aim for the top corner of the square and even higher when you get further away from the hoop.

- 1 foot Mikans until you make 20 shots. Alternate between R and L side
- 2 foot Mikans until you make 20 shots. Alternate between R and L side
- 1 foot reverse Mikans until you make 20 shots. Alternate between R and L side
- 2 foot reverse Mikans until you make 20 shots. Alternate between R and L side
- Self pass from the block area and shoot bank shots until you make 20. Alternate between R to L side.
- Start with back to the basket from the block area and give yourself a self-pass. Pivot on your weak foot toward the basket and shoot bank shots until you make 20. Alternate between R and L side. Experiment with forward and reverse pivots.

Quote of the Day

"What I do is listen and pay attention." ---Moses Malone