

PLAY LOW

SKILL ACADEMY

Workout 6.16.20

Today's Focus: Inside Hand Layup

Ball Handling

Today, we will work at changing direction in space.

- Find an area 30-50 feet in length, place TWO small objects spaced out evenly, go GAME SPEED, and complete 3 rounds of the following:
 - Dribble down with your strong hand and back with your weak hand and perform a hesitation (hesi) move at the objects. Just before the object, change your pace, lift up your head, chop feet and explode past the object (defender).
 - Dribble down with your strong hand and back with your weak hand and perform a push crossover at the objects. Push the ball out across your body from hip height.
 - Dribble down with your strong hand and back with your weak hand and perform crossover between legs at the objects.
 - Dribble down with your strong hand and back with your weak hand and perform behind the back move at the objects.
 - Dribble down with your strong hand and back with your weak hand and put two moves together for a combo at each object. BE CREATIVE.
- Repeat above for 3 rounds, but finish at the rim with a lay-up (regular, two-foot power, reverse, Euro step, floater, etc). BE CREATIVE.

Scoring

- Start near the 3 point line on the right side and dribble at the basket. Jump off of your right foot and shoot an underhand layup with your left hand. Repeat until you MAKE a total of 7.
- Start near the 3 point line on the left side and dribble at the basket. Jump off of your left foot and shoot an underhand layup with your right hand. Repeat until you MAKE a total of 7.
- Start near the 3 point line on the right side and dribble at the basket. Jump off of two feet and shoot an underhand layup with your left hand. Repeat until you MAKE a total of 7.
- Start near the 3 point line on the left side and dribble at the basket. Jump off of two feet and shoot an underhand layup with your right hand. Repeat until you MAKE a total of 7.
- Play three 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 *"Be quick, but don't hurry."* -John Wooden\