



**SUMMER SKILLS WORKOUT(s):
(Week 1) June 8-12**

| SHOOTING | BALL HANDLING |
|--|---|
| <p>Perfect Form Shooting Series (5 - Spots)</p> <ol style="list-style-type: none"> 1. Make 20 (Last 10 - No Rim) - 1 Hand 2. Make 20 (Last 10 - No Rim) - 2 Hand 3. Make 20 (Last 10 - No Rim) - Pound 2's 4. Make 20 (Last 10 - No Rim) - Combo 2's 5. Make 20 (Last 3 In a Row) - Spin Out 3's | <p>2-Ball Stationary</p> <ol style="list-style-type: none"> 1. 25 High Pounds (Chest High) 2. 25 Low Pounds (Below Ankle) 3. 25 Swings/ Wipers 4. 25 Push-Pulls 5. 25 Kills (2 Hard Pounds - 3 Low Pounds) 6. 25 High-Lows (Left & Right) |
| <p>SHUFFLE SHOOTING 3's (6-Spots)</p> <ol style="list-style-type: none"> 1. Make 25 - Left Corner to Left Wing (Last 3 In a Row) 2. Make 25 - Right Corner to Right Wing (Last 3 In a Row) 3. Make 25 - Slot to Slot (Last 3 In a Row) | <p style="text-align: center;">40 TRIPS (2-Ball)</p> <p>Drill Description:</p> <ul style="list-style-type: none"> - Dribbling (2) basketballs simultaneously while completing the moves listed below. - Go as FAST as possible while being under control - Practice each move for a total of 4 trips <p>Moves:</p> <ol style="list-style-type: none"> 1. Pounds (Front/ Sideways/ Backwards) 2. Alternate (Front/ Sideways/ Backwards) 3. 2 Dribble Crossover 4. 2 Dribble Between the Legs 5. 2 Dribble Behind the Back |

| SHOOTING CHALLENGE: Celtic Shooting | FINISHING: Bethel Series |
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| <p>Drill Description:</p> <ul style="list-style-type: none"> - Using 5 Spots behind the arc <ol style="list-style-type: none"> 1. Left Corner 2. Right Corner 3. Left Wing 4. Right Wing 5. Top of Key - Make 2 shots in a row from 5 spots and back around (total of 10 makes) - GOAL: Complete in under 2-minutes | <p>Drill Description:</p> <ul style="list-style-type: none"> - Start from above the FT Line - Use Footwork Skill to get into the attack - Attacking the rim use one of the Finishes below - Finish on both sides (5 each finish both sides) <p>Footwork Skill: Jabs/ Pivots/ Rips/ Pulls</p> <p>Finishes: Straight/ Power/ Extended/ Euro/ Drift/ Rondo</p> |

| SKILLS | STRENGTH & CONDITIONING |
|---|--|
| <ul style="list-style-type: none"> • SHOOTING • BALL HANDLING • FINISHING • STRENGTH & CONDITIONING • GOOD TEAMMATE REMINDER <ul style="list-style-type: none"> - Thank a teammate - Compliment a teammate - Offer Wisdoms to a teammate | <p style="text-align: center;">Spartan S&C Camp</p> <p>Week 1: See Plan</p> |



**SUMMER SKILLS WORKOUT(s):
(Week 2) June 15-19**

| SHOOTING | BALL HANDLING |
|---|--|
| <p>Perfect Form Shooting Series (5 - Spots)</p> <ol style="list-style-type: none"> 1. Make 20 (Last 10 - No Rim) - 1 Hand 2. Make 20 (Last 10 - No Rim) - 2 Hand 3. Make 20 (Last 10 - No Rim) - Pound 2's 4. Make 20 (Last 10 - No Rim) - Combo 2's 5. Make 20 (Last 3 In a Row) - Spin Out 3's | <p>UST Pound Series (Both Hands)</p> <ol style="list-style-type: none"> 1. 25 High Pounds (Shoulder High) 2. 25 Low Pounds (Below Ankle) 3. 25 Push-Pulls 4. 25 In & Outs 5. 25 Fronts 6. 25 Backs 7. 25 Pound 1-2's |
| <p>Stationary 3's (7 Spots)</p> <ol style="list-style-type: none"> 1. Make 25 Left Corner (Last 3 in a row) 2. Make 25 Left Wing (Last 3 in a row) 3. Make 25 Left Slot (Last 3 in a row) 4. Make 25 Top of Key (Last 3 in a row) 5. Make 25 Right Corner (Last 3 in a row) 6. Make 25 Right Wing (Last 3 in a row) 7. Make 25 Right Slot (Last 3 in a row) | <p>Slow to Fast Combo(s)</p> <ul style="list-style-type: none"> • Change Speeds with the dribble • 1st Move Slow & 2nd Move Fast • Work continuously on each move for 3-minutes each <p>Moves:</p> <ul style="list-style-type: none"> • In & Out/ Crossover • Between Legs/ Crossover • Between Legs/ Behind Back • Pound/ Double Crossover |

| SHOOTING CHALLENGE: Jackson 4 | FINISHING: Longhorn Alley |
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| <p>Drill Description:</p> <ul style="list-style-type: none"> - Using 5 Spots <ol style="list-style-type: none"> 1. Left Corner 2. Right Corner 3. Left Wing 4. Right Wing 5. Top of Key - Make 4 shots from each of the 5 spots (Total 20 makes) - Goal: Complete in under 2-minutes | <p>Drill Description:</p> <ul style="list-style-type: none"> - Using 6 Cone setup between the slots/ lane lines - 2 Moves in Center Cone/ 1 Move on Outside Cones - Make 10 of each Move & Finish Combo - Finish with both hands (Left/ Right) <p>Moves:</p> <ol style="list-style-type: none"> 1. In & Out/ Crossover - Inside Hand Finish (No Glass) 2. Between Leg/ Crossover - 2 Ft. Floater Finish 3. Behind Back/ Double Cross - Extended Finish |

| SKILLS | STRENGTH & CONDITIONING |
|---|--|
| <ul style="list-style-type: none"> • SHOOTING • BALL HANDLING • FINISHING • STRENGTH & CONDITIONING • GOOD TEAMMATE REMINDER <ul style="list-style-type: none"> - Thank a teammate - Compliment a teammate - Offer Wisdoms to a teammate | <p style="text-align: center;">Spartan S&C Camp</p> <p>Week 2: See Plan</p> |



**SUMMER SKILLS WORKOUT(s):
(Week 3) June 22-26**

| SHOOTING | BALL HANDLING |
|--|--|
| <p>Perfect Form Shooting Series (5 - Spots)</p> <ol style="list-style-type: none"> 1. Make 20 (Last 10 - No Rim) - 1 Hand 2. Make 20 (Last 10 - No Rim) - 2 Hand 3. Make 20 (Last 10 - No Rim) - Pound 2's 4. Make 20 (Last 10 - No Rim) - Combo 2's 5. Make 20 (Last 3 In a Row) - Spin Out 3's | <p>Simon Says Combo(s)</p> <ul style="list-style-type: none"> • 25 - Cross/ Cross/ Between Legs • 25 - Between Legs/ Between Legs/ Crossover • 25 - Cross/ Between Legs/ Behind Back • 25 - Between Legs/ Behind Back/ Behind Back • 25 - Pound/ In & Out/ Double Cross |
| <p>100 Made 3's</p> <ul style="list-style-type: none"> • Make 100 3's • Cannot Shoot from same spot twice • Feet in constant motion - shuffling to & from spots | <p style="text-align: center;">Hard Stops</p> <p>Drill Description:</p> <ul style="list-style-type: none"> - Dribble ball full speed for 3 dribbles - Hard Stop using one of the moves below - Attack out of your move Full Speed - Do each move 10x with each hand <p>Moves:</p> <ol style="list-style-type: none"> 1. Pound Stop 2. Snatch Back 3. Behind the Back |

| SHOOTING CHALLENGE: Pelican Drill | FINISHING: Transition Attacks |
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| <p>Drill Description:</p> <ul style="list-style-type: none"> - Using 5 Spots <ol style="list-style-type: none"> 1. Left Corner 2. Left Wing 3. Top of Key 4. Right Wing 5. Right Corner - Shoot from same spot until you miss 2 in a row then move to the next spot until you have shot from all spots - GOAL: 100+ Shots | <p>Drill Description:</p> <ul style="list-style-type: none"> - Start just inside of halfcourt (Far Right/Left) - Attack Basket Full Speed - Use move below around 3pt line - create space - Attack Low, Hard, & Fast out of the move & finish - Make each Move/Finish 10x (Both Sides) <p>Moves:</p> <ol style="list-style-type: none"> 1. In & Out/ Cross - Straight Finish 2. Speed Cross - Up & Under Reverse Finish 3. Between Leg - Rondo Finish 4. Behind the Back - Inside Hand Finish (No Glass) |

| SKILLS | STRENGTH & CONDITIONING |
|---|--|
| <ul style="list-style-type: none"> • SHOOTING • BALL HANDLING • FINISHING • STRENGTH & CONDITIONING • GOOD TEAMMATE REMINDER <ul style="list-style-type: none"> - Thank a teammate - Compliment a teammate - Offer Wisdoms to a teammate | <p style="text-align: center;">Spartan S&C Camp</p> <p>Week 3: See Plan</p> |



**SUMMER SKILLS WORKOUT(s):
(Week 4) June 29 - July 2**

| SHOOTING | BALL HANDLING |
|---|---|
| <p>Perfect Form Shooting Series (5 - Spots)</p> <ol style="list-style-type: none"> 1. Make 20 (Last 10 - No Rim) - 1 Hand 2. Make 20 (Last 10 - No Rim) - 2 Hand 3. Make 20 (Last 10 - No Rim) - Pound 2's 4. Make 20 (Last 10 - No Rim) - Combo 2's 5. Make 20 (Last 3 In a Row) - Spin Out 3's | <p>Curry Combo Series (Both Hands)</p> <ul style="list-style-type: none"> • 25 - In & Out/ Double Crossover • 25 - In & Out/ Double Between Legs • 25 - In & Out/ Between Legs/ Behind Back • 25 - In & Out/ Between Legs/ Crossover |
| <p>Transition 3's</p> <ul style="list-style-type: none"> • Make 25 Dribble Pull Ups - Left Slot (Last 3 in a row) • Make 25 Dribble Pull Ups - Top (Last 3 in a row) • Make 25 Dribble Pull Ups - Rt. Slot (Last 3 in a row) <p>NBA 3's</p> <ul style="list-style-type: none"> • Make 25 (Last 3 in a row) - Left Slot • Make 25 (Last 3 in a row) - Top • Make 25 (Last 3 in a row) - Right Slot | <p style="text-align: center;">Drop Series</p> <p>Drill Description:</p> <ul style="list-style-type: none"> - 4 Cones placed in a box shape - Stand in the middle of the cones with ball - In Attack Position (Triple Threat) pound dribble the basketball & shuffle feet w/ moves below <ul style="list-style-type: none"> • 1 Forward towards front corner cone • 1 Back towards back corner cone - Return feet back to original position & keep dribble - Repeat each Drop Move 10x each (Both Hands) <p>Moves:</p> <ol style="list-style-type: none"> 1. Pound 2. Between Legs 3. Behind Back |

| SHOOTING CHALLENGE: Bird Drill | FINISHING: Mikan/ Floater Series |
|---|--|
| <p>Drill Description:</p> <ul style="list-style-type: none"> - Using 5 Spots <ol style="list-style-type: none"> 1. Left Corner 2. Left Wing 3. Top of Key 4. Right Wing 5. Right Corner - Make 1 Shot from each spot - Make 2 in a row from each spot - Make 3 in a row from each spot - GOAL: Complete in under 2.5-minutes | <p>Mikan Drill:</p> <ul style="list-style-type: none"> • 25 - Regular Mikans (Each Hand) • 25 - Reverse Mikans (Each Hand) <p>Floater Series:</p> <ul style="list-style-type: none"> - Make 10 Floaters from 5 Spots (L/R Corner/Wing/Top) - Start at 3pt Line & Direct Drive into Floater - Finish off 2-Foot w/ Strong Hand |

| SKILLS | STRENGTH & CONDITIONING |
|---|--|
| <ul style="list-style-type: none"> • SHOOTING • BALL HANDLING • FINISHING • STRENGTH & CONDITIONING • GOOD TEAMMATE REMINDER <ul style="list-style-type: none"> - Thank a teammate - Compliment a teammate - Offer Wisdoms to a teammate | <p style="text-align: center;">Spartan S&C Camp</p> <p>Week 4: See Plan</p> |



**SUMMER SKILLS WORKOUT(s):
(Week 5) July 6-10**

| SHOOTING | BALL HANDLING |
|---|--|
| <p>Perfect Form Shooting Series (5 - Spots)</p> <ol style="list-style-type: none"> 1. Make 20 (Last 10 - No Rim) - 1 Hand 2. Make 20 (Last 10 - No Rim) - 2 Hand 3. Make 20 (Last 10 - No Rim) - Pound 2's 4. Make 20 (Last 10 - No Rim) - Combo 2's 5. Make 20 (Last 3 In a Row) - Spin Out 3's | <p>Phil Handy Stationary Combo(s)</p> <ul style="list-style-type: none"> • 25 - Hardways (Between Leg/ Cross) • 25 - Double Hardway/ Double Cross • 25 - Triple Cross/ Between Leg • 25 - Between Leg/ Behind Back • 25 - Double Cross/ Between Leg/ Behind Back • 25 - Pound/ Double Cross • 25 - Pound/ Double Between Leg • 25 - Pound/ Double Behind Back |
| <p>Pull-Up 2's</p> <ul style="list-style-type: none"> - Shoot from 5-Spots - Spin Out & use attack dribble then shoot - Alternate Attack Hand Dribble (L/R Each Spot) <ol style="list-style-type: none"> 1. Make 10 Left Corner (Last 3 in a row) 2. Make 10 Left Wing (Last 3 in a row) 3. Make 10 Top (Last 3 in a row) 4. Make 10 Right Wing (Last 3 in a row) 5. Make 10 Right Corner (Last 3 in a row) <p>Shot Fake 3's</p> <ul style="list-style-type: none"> - Make 10 3's from 5 Spots - Use Shot Fake & Side Step Dribble | <p style="text-align: center;">Phil Handy Combo Motion Series</p> <p>Drill Description:</p> <ul style="list-style-type: none"> - Travel Distance: Baseline to Free Throw Line & back - Wide Base & Choppy Short Steps - Fast Hands & Quick Dribble while performing the dribble combinations below as fast as possible <p>Combo(s):</p> <ol style="list-style-type: none"> 1. Hardaways (Between Leg/ Cross) 2. Double Hardaway/ Double Cross 3. Triple Cross/ Between Leg 4. Double Between Leg/ Cross 5. In & Out/ Double Cross/ Between Leg 6. Double Cross/ Between Leg/ Behind Back |

| SHOOTING CHALLENGE: 10 Spot 3's | FINISHING: X-Out Lay Ups |
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| <p>Drill Description:</p> <ul style="list-style-type: none"> - Make a 3 from each of the 5-Spots around & back - GOAL: Complete in under 45-seconds - 5-Spots: <ol style="list-style-type: none"> 1. L/R Corners 2. L/R Wings 3. Top of Key | <p>Drill Description:</p> <ul style="list-style-type: none"> - Attack form Elbow & Complete the Finish Below - After Layup, dribble around opposite elbow & complete same Finish <p>Finishes:</p> <ol style="list-style-type: none"> 1. Make 20 - Straight Layups 2. Make 20 - Power Layups 3. Make 20 - Extended Layups 4. Make 20 - Inside Hand Layups 5. Make 20 - 2Ft. Floaters |

| SKILLS | STRENGTH & CONDITIONING |
|---|--|
| <ul style="list-style-type: none"> • SHOOTING • BALL HANDLING • FINISHING • STRENGTH & CONDITIONING • GOOD TEAMMATE REMINDER <ul style="list-style-type: none"> - Thank a teammate - Compliment a teammate - Offer Wisdoms to a teammate | <p style="text-align: center;">Spartan S&C Camp</p> <p>Week 5: See Plan</p> |



**SUMMER SKILLS WORKOUT(s):
(Week 6) July 13-17**

| SHOOTING | BALL HANDLING |
|--|--|
| <p><u>Perfect Form Shooting Series (5 - Spots)</u></p> <ol style="list-style-type: none"> 1. Make 20 (Last 10 - No Rim) - 1 Hand 2. Make 20 (Last 10 - No Rim) - 2 Hand 3. Make 20 (Last 10 - No Rim) - Pound 2's 4. Make 20 (Last 10 - No Rim) - Combo 2's 5. Make 20 (Last 3 In a Row) - Spin Out 3's | <p><u>Dame Lillard Series (FT & Back/ 10-Yards)</u></p> <ul style="list-style-type: none"> • In/Out Cross - Chopped Steps • Big Swing/ Wiper - High & Long • Small Swing/ Wiper - Low & Short • Double Cross & Explode 2 Dribbles • Double Cross & Hesi Explode 2 Dribbles • Double Cross/ Retreat & Explode 2 Dribbles |
| <p style="text-align: center;"><u>Kobe Attack Series Shooting</u></p> <p>Drill Description:</p> <ul style="list-style-type: none"> - 5 Spots Attacks (L/R Corner/Wing & Top) - Start in attack position (Triple Threat) - Use Set Up: Leans/Jab/ Rip/ Pull/ Pivots - Attack using 1-Dribble & Move below <p>Set-Up/ Move(s):</p> <ul style="list-style-type: none"> - Jab & Rip (Same)/ 1-Drbl/ Cross & Shoot - Jab & Pull (Same)/ 1-Drbl/ Behind Back & Shoot - Jab & Rip (Opp.)/ 1-Drbl Spin Back & Shoot - Jab & Pull (Opp.)/ 1-Drbl/ Between Leg/ Spin Back - Tall Lean & Rip (Same)/ 1-Drbl/ Rev. Pivot & Shoot - Tall Lean & Pull (Opp.)/ 1-Drbl/ Shot Fake & Step Thru | <p style="text-align: center;"><u>Rhythm Series</u></p> <p>Drill Description:</p> <ul style="list-style-type: none"> - Distance: Sideline to Sideline - Attack Full Speed 2-Dribbles - Hard Stop/ Quick Stop w/ Move below - Continue in opposite direction <p>Combo/ Move(s):</p> <ul style="list-style-type: none"> - 2-Dribble / Front Cross - 2-Dribble / Back Cross - 2-Dribble / Between Legs - 2-Dribble / Double Between Leg - 2-Dribble / Between Leg + Behind Back |

| SHOOTING CHALLENGE: 50 Series | FINISHING: 50 Series |
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| <p>Drill Description:</p> <ul style="list-style-type: none"> - Make 50 Shots of each Shot Type - Time: 2min. Per Shot Type <p>Shot Type(s):</p> <ul style="list-style-type: none"> - Short Hook (Both Hands) - Running Hook (Cross Paint Run) - 2Ft. Float (6 - 8 Ft.) - Short Jumper (10 - 12 Ft.) | <p>Drill Description:</p> <ul style="list-style-type: none"> - Make 50 Shots of each Finish - Time: 90 Sec. Per Finish <p>Finishes (both hands):</p> <ul style="list-style-type: none"> - Straight Layup - Quick Spit (Layup) - Reverse (Layup) / Single Side Mikan - Lay-back / Single Side Rev. Mikan |

| SKILLS | STRENGTH & CONDITIONING |
|---|---|
| <ul style="list-style-type: none"> • SHOOTING • BALL HANDLING • FINISHING • STRENGTH & CONDITIONING • GOOD TEAMMATE REMINDER <ul style="list-style-type: none"> - Thank a teammate - Compliment a teammate - Offer Wisdoms to a teammate | <p><u>Spartan S&C Camp</u></p> <p>Week 6: See Plan</p> |



**SUMMER SKILLS WORKOUT(s):
(Week 7) July 20 - 24**

| SHOOTING | BALL HANDLING |
|--|--|
| <p>Perfect Form Shooting Series (5 - Spots)</p> <ol style="list-style-type: none"> 1. Make 20 (Last 10 - No Rim) - 1 Hand 2. Make 20 (Last 10 - No Rim) - 2 Hand 3. Make 20 (Last 10 - No Rim) - Pound 2's 4. Make 20 (Last 10 - No Rim) - Combo 2's 5. Make 20 (Last 3 In a Row) - Spin Out 3's | <p>2-Ball Stationary</p> <ol style="list-style-type: none"> 1. 25 High Pounds (Chest High) 2. 25 Low Pounds (Below Ankle) 3. 25 Swings/ Wipers 4. 25 Push-Pulls 5. 25 Kills (2 Hard Pounds - 3 Low Pounds) 6. 25 High-Lows (Left & Right) |
| <p style="text-align: center;">Redus Twins Baseline Attack Series</p> <p>Drill Description: (Both Sides L/R)</p> <ul style="list-style-type: none"> - Start High Above the L/R Wing - Use Setup Move & Attack BL Behind Basket - Use Eyes to Survey/ Read Defense <ol style="list-style-type: none"> 1. Opp. Corner 2. Opp. Wing 3. Middle Paint <p>Shot Type(s):</p> <ul style="list-style-type: none"> - Quick Finish Reverse Lay-Back - 1-2 Step Pullup - 1-2 Step w/ Hesi + Floater - 1-2 Step w/ Hesi + Pullup - 1-2 Step w/ Side Step + Pullup - Hop Step Shot | <p style="text-align: center;">Phil Handy Combo Motion Series</p> <p>Drill Description:</p> <ul style="list-style-type: none"> - Travel Distance: Baseline to Free Throw Line & back - Wide Base & Choppy Short Steps - Fast Hands & Quick Dribble while performing the dribble combinations below as fast as possible <p>Combo(s):</p> <ol style="list-style-type: none"> 1. Hardaways (Between Leg/ Cross) 2. Double Hardaway/ Double Cross 3. Triple Cross/ Between Leg 4. Double Between Leg/ Cross 5. In & Out/ Double Cross/ Between Leg 6. Double Cross/ Between Leg/ Behind Back |

| SHOOTING CHALLENGE: Shuffle Shooting | FINISHING: 4-Cone Bethel Series |
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| <p>SHUFFLE SHOOTING 3's (6-Spots)</p> <ol style="list-style-type: none"> 1. Make 25 - Left Corner to Left Wing (Last 3 In a Row) 2. Make 25 - Right Corner to Right Wing (Last 3 In a Row) 3. Make 25 - Slot to Slot (Last 3 In a Row) | <p>Drill Description:</p> <ul style="list-style-type: none"> - Start from above the 3pt Line - 4-Cones setup in diamond - Use Footwork Skill to get into the attack - Change of Direction Move @ each cone - Attacking the rim use one of the Finishes below <p>Footwork Skill: Jabs/ Pivots/ Rips/ Pulls</p> <p>Finishes: Straight/ Power/ Extended/ Euro/ Drift/ Rondo</p> |

| SKILLS | STRENGTH & CONDITIONING |
|---|--|
| <ul style="list-style-type: none"> • SHOOTING • BALL HANDLING • FINISHING • STRENGTH & CONDITIONING • GOOD TEAMMATE REMINDER <ul style="list-style-type: none"> - Thank a teammate - Compliment a teammate - Offer Wisdoms to a teammate | <p style="text-align: center;">Spartan S&C Camp</p> <p>Week 7: See Plan</p> |



**SUMMER SKILLS WORKOUT(s):
(Week 8) July 27 - 31**

| SHOOTING | BALL HANDLING |
|--|--|
| <p>Perfect Form Shooting Series (5 - Spots)</p> <ol style="list-style-type: none"> 1. Make 20 (Last 10 - No Rim) - 1 Hand 2. Make 20 (Last 10 - No Rim) - 2 Hand 3. Make 20 (Last 10 - No Rim) - Pound 2's 4. Make 20 (Last 10 - No Rim) - Combo 2's 5. Make 20 (Last 3 In a Row) - Spin Out 3's | <p>Pound Combo Series (Stationary)</p> <ol style="list-style-type: none"> 1. (25) Pound/ Front Cross 2. (25) Pound/ In-Out/ Front Cross 3. (25) Pound/ In-Out/ Back Cross 4. (25) Pound/ In-Out/ Between Legs 5. (25) Pound/ In-Out/ Double Between Legs |
| <p>Attack Pull-Ups</p> <ul style="list-style-type: none"> - Shoot from 5-Spots - Spin Out & use attack dribble then shoot - Alternate Attack Hand Dribble (L/R Each Spot) <ol style="list-style-type: none"> 1. Make 10 Left Corner (Last 3 in a row) 2. Make 10 Left Wing (Last 3 in a row) 3. Make 10 Top (Last 3 in a row) 4. Make 10 Right Wing (Last 3 in a row) 5. Make 10 Right Corner (Last 3 in a row) | <p style="text-align: center;">Drive-Way Handles Series</p> <p>Drill Description:</p> <ul style="list-style-type: none"> - Distance from Grass to Grass - Shuffle/ Stutter Steps from Grass to Grass - Get 10 Moves/ Combos in from Grass to Grass <p>Combo(s):</p> <ol style="list-style-type: none"> 1. Single Hand-Leg Wraps (L/R) 2. Leg Wrap (L/R)/ In-Out/ Dbl.Front Cross 3. Leg Wrap (L/R)/ Double Between Leg/ Pound/ Cross 4. Leg Wrap (L/R)/ Wide Front Cross/ Between Legs 5. Leg Wrap (L/R)/ Between Legs/ Dbl.Behind Back |

| SHOOTING CHALLENGE: Klay Thompson's | FINISHING: Post Up Series |
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| <p>Description:</p> <ul style="list-style-type: none"> - 5 Spots Around 3pt Distance - All Makes = 1pt - Miss 2 Shots in a Row Have to Start Over - Goal = 100pts | <p>Description:</p> <ul style="list-style-type: none"> - Start Under the Rim - (Self Pass) Spin Ball Out passed Low Block - Catch w/Back to Basket (Butts Low/ Elbows High) - Use Move(s) Below & Finish w/Both Hands <p>Move(s):</p> <ul style="list-style-type: none"> - Drop Step (Baseline & Middle) - Quick Spin (Baseline & Middle) - Reverse Pivot Jabs & Rips/ Pulls - Pivot Up & Under <p>Shot Type(s):</p> <ul style="list-style-type: none"> - Power Finish - Reverse Finish - Short Hook - Running Hook |

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|---|--|
| <ul style="list-style-type: none"> • SHOOTING • BALL HANDLING • FINISHING • STRENGTH & CONDITIONING • GOOD TEAMMATE REMINDER <ul style="list-style-type: none"> - Thank a teammate - Compliment a teammate - Offer Wisdoms to a teammate | <p style="text-align: center;">Spartan S&C Camp</p> <p>Week 8: See Plan</p> |



**SUMMER SKILLS WORKOUT(s):
(Week 9) Aug. 3 - 6**

| SHOOTING | BALL HANDLING |
|--|--|
| <p>Perfect Form Shooting Series (5 - Spots)</p> <ol style="list-style-type: none"> 1. Make 20 (Last 10 - No Rim) - 1 Hand 2. Make 20 (Last 10 - No Rim) - 2 Hand 3. Make 20 (Last 10 - No Rim) - Pound 2's 4. Make 20 (Last 10 - No Rim) - Combo 2's 5. Make 20 (Last 3 In a Row) - Spin Out 3's | <p>Drop Pound w/ Curry Combos (Stationary) (Use Hard Pound Dribble: Btw Legs/ Beh. Back/ Snatch Back)</p> <ul style="list-style-type: none"> • 25 - In & Out/ Double Crossover • 25 - In & Out/ Double Between Legs • 25 - In & Out/ Between Legs/ Behind Back • 25 - In & Out/ Between Legs/ Crossover |
| <p>Tate's Lock Box Drill Shooting & Footwork Drill Description: (10 Makes Per Combo)</p> <ul style="list-style-type: none"> - Start Under Basket on Lane Line - Spin Ball Out passed elbow - Player Runs Out & Catches on 2-Foot - Perform Footwork & Shot Combo (Below) <p>Footwork & Shot Type(s): BOTH L/R SIDES</p> <ul style="list-style-type: none"> - Drop Step & 1Dr. Pull Up - Fake Drop Step/ Inside Pivot & 1Dr. Pull Up - Fake Drop Step/ Inside Pivot & 2Dr. Pull Up w/ COD - Fake Drop Step/ Reverse Pivot & Pull Up - Fake Drop Step/ Reverse Pivot & 1Dr. Pull Up - Reverse Pivot/ Rip & 1Dr. Pull Up | <p>Tate's Lock Box Drill Footwork & Finishing Drill Description: (10 Makes Per Combo)</p> <ul style="list-style-type: none"> - Start Under Basket on Lane Line - Spin Ball Out passed elbow - Player Runs Out & Catches on 2-Foot - Perform Footwork & Finish Combo (Below) <p>Footwork & Shot Type(s): (Straight/ Power/ Ext./ Float)</p> <ul style="list-style-type: none"> - Drop Step & 1Dr. Finish - Fake Drop Step/ Inside Pivot & 1Dr. Finish - Fake Drop Step/ Inside Pivot & 2Dr. Finish w/ COD - Fake Drop Step/ Reverse Pivot & 1Dr. Finish - Reverse Pivot/ Pull & 1Dr. Finish - Reverse Pivot/ Rip & 1Dr. Finish |

| SHOOTING CHALLENGE: Scrn Rd. Shooting | FINISHING: P&R Finishes |
|---|---|
| <p>Description: 10 Makes Per Read & Shot Type</p> <ul style="list-style-type: none"> - 5 Spots: L/R Corner, L/R Wing, & Top - Take Defender Below/Away from Screen - Attack Screen Shoulder to Shoulder - Read Screen & Def. for Shot Type <p>Read(s):</p> <ul style="list-style-type: none"> - Def. Hip to Hip = Straight Cut - Def. Trail = Curl - Def. Under = Flare/ Pop Back <p>Shot Type(s):</p> <ul style="list-style-type: none"> - Catch & Shoot - 1 Dribble Pull Up | <p>Description: 10 Makes Per Roll & Shot Type</p> <ul style="list-style-type: none"> - Start Wing Extended - Attack Elbow w/ Dribble - Roll Man use Move(s) Below & Finish w/Both Hands <p>Roll(s):</p> <ul style="list-style-type: none"> - Hard Roll & Short Roll - Slips & Pins <p>Shot Type(s):</p> <ul style="list-style-type: none"> - Power Finish - Reverse Finish - Floater |

| SKILLS | STRENGTH & CONDITIONING |
|---|--|
| <ul style="list-style-type: none"> • SHOOTING • BALL HANDLING • FINISHING • STRENGTH & CONDITIONING • GOOD TEAMMATE REMINDER <ul style="list-style-type: none"> - Thank a teammate - Compliment a teammate - Offer Wisdoms to a teammate | <p style="text-align: center;">Spartan S&C Camp</p> <p>Week 9: See Plan</p> |

