


# Individual Work-out

*Defensive Emphasis:* Stance

*Offensive Emphasis:* Catching & passing/shooting

*Thought of the Day:* "If you can dream it, you can do it." -- Walt Disney

Time		Activity	Comments/Emphasis
10:00 AM	4	Wall passing & catching	Pass and catch off the wall. Make 50 passes
10:04 AM	3	Form shooting	All shots, all net
10:07 AM	6	Turnaround bank shots	From the mid-post, use of backboard. Make 15 each side
10:13 AM	4	Drink/free throws	Shoot 4 sets of 2 free throws
10:17 AM	4	Slide the key drill	Defensive slide around the key, swing step at each point. 5 sets
10:21 AM	6	1 dribble speed moves	Start at half-court, spin the ball out sprint after it. On the ctahc, rip into a 1 dribble move
10:27 AM	8	Hornacek spin outs	Start under the basket, spin the ball out towards the elbow for catch & shoot. Make 10 each side
10:35 AM	4	Drink/free throws	
10:39 AM	6	Make 15	make 15 jumpers off spin-outs at various points
10:45 AM		**End of Practice**	

## Comments:

- Work on strong hands
- Upper boyd shooting technique
- Making shots off the turnaround & square-up
- Finish each offensive set on a made basket