



# Skills and Drills 7

## **Basketball Footwork**

<https://www.youtube.com/watch?v=uMOC0bAl3Sw&feature=youtu.be>

## **3 Great Shooting Workouts**

[https://www.basketballplayerstoolbox.net/3-great-shooting-workout-drills/?utm\\_source=twitter&utm\\_medium=201221](https://www.basketballplayerstoolbox.net/3-great-shooting-workout-drills/?utm_source=twitter&utm_medium=201221)

## **50 Makes Shooting Drill**

[https://www.basketballplayerstoolbox.net/50-makes-shooting-drill/?utm\\_source=twitter&utm\\_medium=201221](https://www.basketballplayerstoolbox.net/50-makes-shooting-drill/?utm_source=twitter&utm_medium=201221)

## **Celtic Toughness Shooting Drill**

[https://www.basketballplayerstoolbox.net/celtic-toughness-shooting-drill/?utm\\_source=twitter&utm\\_medium=201221](https://www.basketballplayerstoolbox.net/celtic-toughness-shooting-drill/?utm_source=twitter&utm_medium=201221)

## **40 Minute Perimeter Player Workout**

[https://www.basketballplayerstoolbox.net/perimeter-player-workouts/?utm\\_source=twitter&utm\\_medium=201221](https://www.basketballplayerstoolbox.net/perimeter-player-workouts/?utm_source=twitter&utm_medium=201221)

## **Steph Curry Workout Drills**

[https://www.basketballplayerstoolbox.net/stephen-curry-workout-drills/?utm\\_source=twitter&utm\\_medium=201221](https://www.basketballplayerstoolbox.net/stephen-curry-workout-drills/?utm_source=twitter&utm_medium=201221)

"What you are as a person is FAR MORE important than what you are as a basketball player." - John Wooden