

# Nicole's Homework - Week #4

## [Video #4 on YouTube](#)

### 20 Seconds Each

- Right Hand 2 Dribbles - Jab Right
- Right Hand 2 Dribbles - Jab Left
- Left Hand 2 Dribbles - Jab Left
- Left Hand 2 Dribbles - Jab Right
- Right Hand 2 Dribbles - Cross and Jab Left
- Left Hand 2 Dribbles - Cross and Jab Right
- Right Hand 2 Dribbles - Right Jab - Cross
- Left Hand 2 Dribbles - Left Jab - Cross
- Right Hand 2 Dribbles - Jab Left Through Legs - Back Through Legs\*
- Left Hand 2 Dribbles - Jab Right Through Legs - Back Through Legs\*
- \*Right Hand 2 Dribbles - Jab Left Behind Back - Again Behind Back\*
- Left Hand 2 Dribbles - Jab Right Behind Back - Again Behind Back\*

*\*Modified Version Pass Ball Behind Back*

### 10 Each

#### Defense & Shooting Form

##### Closeouts

- 2 Steps - Closeout
- 2 Steps - Closeout - 1 Hard Slide to the Right
- 2 Steps - Closeout - 1 Hard Slide to the Left

##### Getting Beat Off the Dribble

- "On Ball" - Turn Right - One Step Back - Closeout
- "On Ball" - Turn Left - One Step Back - Closeout

##### Shooting Form Practice

- No Ball - Shooting Hand Only
- No Ball - Shooting Hand - Add Guide Hand

### Game - 5 in a Row, 10..15..20..

#### Game - Continue counting up until you mess up!\*

- Cross, Between the legs, Behind the back;. Repeat

*\*If needed take a dribble in between each move*



# Nicole's Homework - Week #3

[Video #3 on YouTube](#)

## 20 Seconds Each

### Cone Dribbling Drill

- Left Hand on Cone - Right Hand Dribble
- Right Hand on Cone - Left Hand Dribble
- Left Hand Picking up Cone - Right Hand Pound
- Right Hand Picking up Cone - Left Hand Pound
- Right Hand Around Cone - Reverse direction after 10 Seconds
- Left Hand Around Cone - Reverse direction after 10 Seconds
- Right Hand Over Cone - Back and Forth
- Left Hand Over Cone - Back and Forth

**Crossovers:** Cone placed two steps in front of you, Switching Hand On the Cone Every Cross

- Two dribbles forward with Right Hand - Touch Cone with left - Two Dribbles Retreating back
- Two dribbles forward with Left Hand - Touch Cone with Right - Two Dribbles Retreating back
- Two dribbles forward with Right Hand - Cross and touch cone - Two Dribbles Retreating back with left hand

\*Challenge yourself going between legs/ behind back instead of cross

## 10 Each

### One Dribble Pull Up Footwork

#### Breaking it down

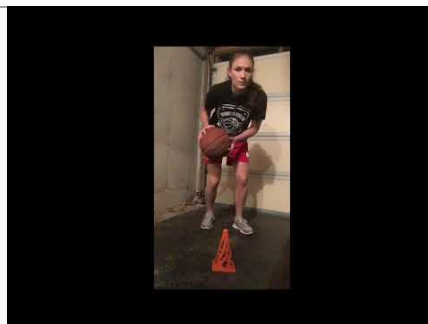
- Step Right Foot Forward - Dribble Right Hand - Bring Foot Back
- Step Left Foot Forward - Dribble Left Hand - Bring Foot Back
- Step Left Foot Across Body - Dribble Right Hand - Bring Foot Back
- Step Right Foot Across Body - Dribble Left Hand - Bring Foot Back

#### One Dribble Pull Up

- Step Right Foot Forward - Dribble Right Hand - Step Left Right - "shot"
- Step Left Foot Forward - Dribble Left Hand - Step Right Left - "shot"
- Step Left Foot Across Body - Dribble Right Hand - Step Right Left - "shot"
- Step Right Foot Across Body - Dribble Left Hand - Step Left Right - "shot"

## Game - 5 in a Row, 10..15..20..

1. Continuous Behind the back
2. Continuous Through the legs



# Nicole's Homework - Week #2

[Video #2 on YouTube](#)

## 20 Seconds Each

## 10 Each

### Slam Drill

- Right two dribbles - Slam
- Left two dribbles - Slam
- Right two dribbles - Cross Slam
- Left two dribbles - Cross Slam
- Right two dribble - Through legs Slam\*
- Left two Dribbles - Through legs Slam\*
- Right two Dribble - Behind Slam\*
- Left two Dribbles - Behind Slam\*

\*Modified version pass behind body

### Triple Threat

- **Triple Threat / Rips**
  - Left Right - 2 Rips Below Knees
  - Right Left - 2 Rips Below Knees
- **Triple Threat / Jab and shot**
  - Left Right - Jab Right - "Shot"
  - Right Left - Jab Left - "Shot"
- **Triple Threat / Jab and go**
  - Left Right - Jab Right - Dribble Right Hand
  - Right Left - Jab Left - Dribble Left Hand
- **Triple Threat / Jab and Cross**
  - Left Right - Jab Right - Dribble Left Hand
  - Right Left - Jab Left - Dribble Right Hand

## Game - 30 Second Timer

Pound cross pound cross, pound x2 cross pound x2 cross, pound x3 cross pound x3 cross... continue counting up until the time runs out (Challenge yourself between legs or behind back). Try to beat last score

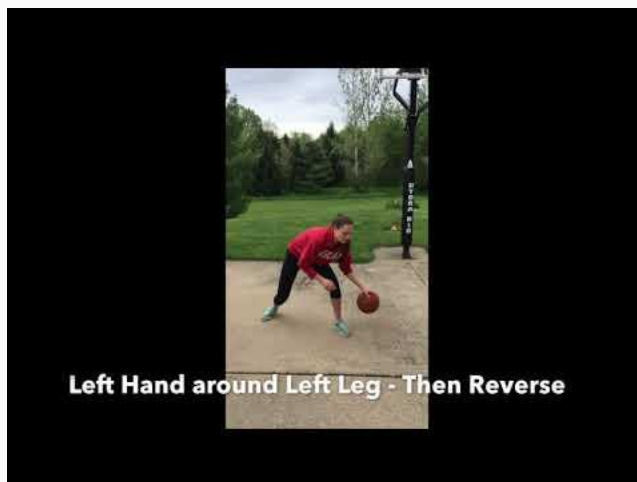
\*Modified Version



# Nicole's Homework - Week #1

[Video #1 on YouTube](#)

20 Seconds Each	10 Each
<ul style="list-style-type: none"> <li>● Right Hand Wipers (Quick 10 sec, Drag 10 sec)</li> <li>● Left Hand Wipers (Quick 10 sec, Drag 10 sec)</li> <li>● Right Hand Push/Pull (Quick 10 sec, Drag 10 sec)</li> <li>● Left Hand Push/Pull (Quick 10 sec, Drag 10 sec)</li> <li>● Low to High Right - slam back low</li> <li>● Low to High Left - slam black low</li> <li>● Right Hand around Right Leg (Reverse after 10 sec)</li> <li>● Left Hand around Left Leg (Reverse after 10 sec)</li> <li>● Figure 8 (Reverse after 10 sec)</li> </ul>	<ul style="list-style-type: none"> <li>● Stepping Right Left Into Triple Threat</li> <li>● Stepping Left Right</li> <li>● Stepping Left Right - Dribble Right Hand</li> <li>● Stepping Left Right - Dribble Left Hand</li> <li>● Stepping Right Left - Dribble Left Hand</li> <li>● Stepping Right Left - Dribble Right Hand</li> <li>● Stepping Left Right - Shot Fake - Dribble Right</li> <li>● Stepping Left Right - Shot Fake - Dribble Left</li> <li>● Stepping Right Left - Shot Fake - Dribble Left</li> <li>● Stepping Right Left - Shot Fake - Dribble Right</li> </ul>
<b>Game / Challenges</b>	
<p>1 Pound cross 1 pound cross, pound x2 cross pound x2 cross, pound x3 cross pound x3 cross... continue counting up until you mess up (Challenge yourself between legs or behind back)</p>	



# Driveway Drills

Videos can be found on our YouTube playlist:

[MGBB Summer Skills & Drills](#)

<b>Shooting Workouts</b>	<b>Ball Handling Workouts</b>
<p><a href="#">Shooting Workout 1 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">Shooting Workout 1 with Teagan</a></li></ul> <p><a href="#">Shooting Workout 2 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">Shooting Workout 2 with Kylee</a></li></ul>	<p><a href="#">Ball Handling Workout 1 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">Ball Handling 1 with Hailey</a></li></ul> <p><a href="#">Ball Handling Workout 2 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">Ball Handling 2 with Olivia</a></li></ul>
<b>Scoring Workouts</b>	<b>All Skills Workouts</b>
<p><a href="#">Scoring Workout 1 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">Scoring Workout 1 with Brynn</a></li></ul> <p><a href="#">Scoring Workout 2 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">Scoring Workout 2 with Hailey</a></li><li>• <a href="#">Scoring Workout 2 with Lindsay</a></li></ul> <p><a href="#">Scoring Workout 3 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">Scoring Workout 3 with Olivia</a></li></ul> <p><a href="#">Post Workout (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">Post Workout with Teagan</a></li><li>• <a href="#">Post Workout with Katie</a></li></ul>	<p><a href="#">All Skills Workout 1 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">Skills Workout 1 with Adrienne</a></li></ul> <p><a href="#">All Skills Workout 2 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">All Skills Workout 2 with Alexis</a></li></ul> <p><a href="#">All Skills Workout 3 (PDF)</a></p> <ul style="list-style-type: none"><li>• <a href="#">All Skills Workout 3 with Hailey</a></li><li>• <a href="#">All Skills Workout 3 with Morgan</a></li></ul>
<b>Shooting Workouts</b>	
<ul style="list-style-type: none"><li>• <a href="#">Jab Series Workout</a></li></ul>	<ul style="list-style-type: none"><li>• <a href="#">5 Spot Shooting</a></li></ul>





# HOME SHOOTING GAMES

**3-2-1 Drill:** There are five locations around the rim (two baseline, two wing, and the center of the floor). This is a timed drill and is stopped at five minutes if not completed. The athlete has to make three from each location, after all five spots are completed the athlete goes back around and has to make two in a row from all five spots, and then for the third segment the athlete completes the drill by making one shot from each spot. A time of two minutes and thirty seconds or under is a great score and the athlete is trying to beat their own record each time.

**Game of 42:** There are seven locations around the rim (two baseline, two wing, two elbow area or extended and one in the center). From each spot the athlete shoots a set shot worth three points, a one dribble mid-range shot worth two points and a lay-up. Each location is worth six total points for a total of 42 points. A score of 30 points or greater is your goal and you can keep attempting to beat your own record.

**Game of 37:** There are five locations around the rim (two baseline, two wing, and the center of the floor). Shoot one set shot from each spot worth three points, shoot one dribble mid-range shot going right from each spot worth two points for a total of 35 points. This segment can be timed with the goal of completing these 15 shots in one minute for higher level players. The drill is finished by shooting two free throws each worth one point for a total of 37 points.

**Spoke Shooting:** There are five spokes around the rim (two baseline locations, two wing locations and one in center). The athlete is trying to make five shots in a row stepping back after each make. If the athlete makes five in a row they can go to the next spoke. If the athlete were to miss a shot they would stay on the same spoke but go back to the starting spot closer to the rim and re-try. The drill is timed for three minutes. To start for younger ages we would have the goal of making three shots in a row on a spoke before rotating. As this is accomplished and the drill is completed within three minutes they can progress to four and five shots made in a row.

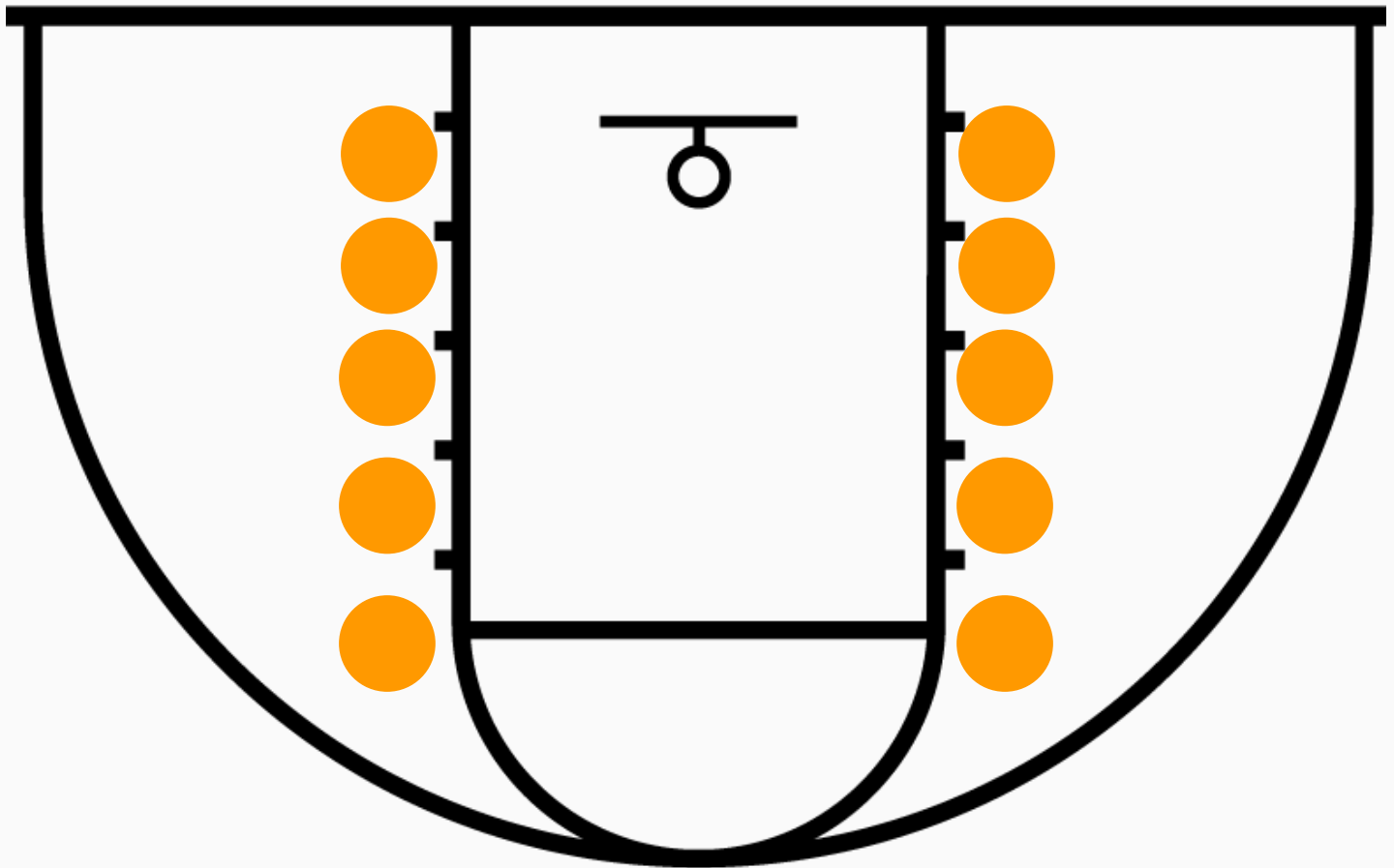
**Miami Drill:** There are seven locations around the rim (two baseline, two wing, two elbow area or extended and one in the center). The athlete has to make five shots from each spot before they can rotate to the next spot. The rebounder is keeping track of total shot attempts. A score of 50 or under is a good score and the athlete is trying to beat their own record each time.

**Running One Minute:** One minute is on the clock. The athlete starts half court or designated area and runs in and shoots. Make or miss, the athlete sprints back and touches half court or designated spot and sprints back for another shot. This is repeated for one minute. You are trying to beat your own makes record for a minute.



# 5 Spot Shooting

Drill	Tips
<ul style="list-style-type: none"><li>• Start in close to the basket and work your way to the free throw line to warm up.</li><li>• Player takes a minimum of 10 shots from each of five spots:<ul style="list-style-type: none"><li>○ 1) Layup</li><li>○ 2) Low block</li><li>○ 3) Second hash mark</li><li>○ 4) Third hash mark</li><li>○ 5) Free throw line</li></ul></li><li>• Spots are: near the basket, edge of the lane, second hash mark, third hash mark and the free throw line.</li></ul>	<ul style="list-style-type: none"><li>• This drill will loosens up joints, ligaments, tendons and muscles. Helps to realign shooting mechanics.</li><li>• Always make a complete stop in Triple Threat Position before shooting to make your mechanics more consistent.</li></ul>



# Jab Series Workout

Jab Series	
Focus On	Get Started
<ul style="list-style-type: none"> <li>Quick, sharp movements - do not phone it in!</li> <li>Getting low and explode by your defender</li> <li>Keep ball protected when moving by defender</li> <li>Utilize your upper shoulder when moving by defender</li> </ul>	<ul style="list-style-type: none"> <li>Spin ball to yourself</li> <li>Five makes of each move before advancing</li> <li>If helpful, use a chair as your defender to keep you honest</li> <li>Start slow to practice the moves, then get to game speed</li> </ul>
From the Right Side	Repeat on Left Side
<p><b>Layups</b></p> <ul style="list-style-type: none"> <li>Jab and go baseline</li> <li>Jab and go middle</li> <li>Jab, then rip thru and go opposite</li> <li>Jab, head fake, drive baseline</li> <li>Jab, head fake, drive middle</li> <li>Jab, dribble, pull back, drive baseline</li> <li>Jab, dribble, pull back, drive middle</li> </ul> <p><b>Jump Shots</b></p> <ul style="list-style-type: none"> <li>Jab and go baseline</li> <li>Jab and go middle</li> <li>Jab, then rip thru and go opposite</li> <li>Jab, head fake, drive baseline</li> <li>Jab, head fake, drive middle</li> <li>Jab, dribble, pull back, drive baseline</li> <li>Jab, dribble, pull back, drive middle</li> </ul>	<p><b>Layups</b></p> <ul style="list-style-type: none"> <li>Jab and go baseline</li> <li>Jab and go middle</li> <li>Jab, then rip thru and go opposite</li> <li>Jab, head fake, drive baseline</li> <li>Jab, head fake, drive middle</li> <li>Jab, dribble, pull back, drive baseline</li> <li>Jab, dribble, pull back, drive middle</li> </ul> <p><b>Jump Shots</b></p> <ul style="list-style-type: none"> <li>Jab and go baseline</li> <li>Jab and go middle</li> <li>Jab, then rip thru and go opposite</li> <li>Jab, head fake, drive baseline</li> <li>Jab, head fake, drive middle</li> <li>Jab, dribble, pull back, drive baseline</li> <li>Jab, dribble, pull back, drive middle</li> </ul>
Free Throws	Outside Jumper or 3 Pointers
<ul style="list-style-type: none"> <li>Attempt 20 Free Throws</li> </ul>	<ul style="list-style-type: none"> <li>Attempt 10 Jump Shoots from each elbow or extended to 3 Point Line</li> </ul>

