



Skills and Drills 4

The Shift

https://twitter.com/Hennen_Workouts/status/1302785956039323649

Mid Post Options

https://twitter.com/Hennen_Workouts/status/1301147806447607809

High Pick Up Through Traffic

https://twitter.com/hennen_workouts/status/1300591948760313857?s=11

Quick Corner Series

https://twitter.com/hennen_workouts/status/1300431488421433344?s=11

Dribble Back Drill

<https://twitter.com/DrewHanlen/status/1299067911491866624>

Separation Footwork

https://twitter.com/Hennen_Workouts/status/1299417877313982470

"What type of teammates do you want to play with? Be that teammate yourself." - John Calipari