



Workout:

Ball Handling:

Drill: Two Ball Through Exchanges

Reps: 2x

Ball Handling:

Drill: Through Cross Through

Reps: 4x

Finishing:

Drill: Crossover Float / Outside Inside Floater

Reps: Make 10 Right and Left

Shooting:

Drill: Form Shooting

Reps: Make 10 - 20

Shooting:

Drill: Through Cross Through Pick Ups

Reps: Make 10 off right hand / Make 10 off left hand

Shooting:

Drill: Push 3' s

Reps: Make 7 in a Row from 3 or Make 40 Off Each Hand

Make 25 FTs

