Complete Player Curriculum
Conditioning and Control

Find ways to condition yourself while working on skills

Two Ball Partner Defensive Series
1. Ball handler pounds two basketballs. Partner holds up finger commands while in a defensive stance.
2. Ball handler alternates two basketballs. Defender foot fires. On call-out of fingers, defender drops into a pushup.
3. Ball handler performs two ball high low. Partner does walking plank to high ball and slides back to low ball.
4. Ball handler performs two ball high low. Partner closes out to low ball. Backpedals, slides to high ball and back. Repeat.
5. Partner closes out to low ball. Backpedals, slides to high ball. Ball Handler must switch the high ball to low. Repeat.

Back Pedal Shooting
* Block to Elbow
* Block to Wing

Spin Catch and Shoot
* Series 1: Spin, Replace, and Shoot
* Series 2: Add in spin, with a shot contest

Med Ball Defensive Slides
* Player works on handle before pinning ball in chair or on floor
* Player performs multiple slides with med ball
* Player goes back to get ball for a shot.

You will believe what you say about yourself more than what anybody else says about you.