Complete Player Curriculum
Conditioning and Control

Find ways to condition yourself while working on skills

Two Ball Conditioning Series
* Pound with pushups
* Alternating with closeout

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.