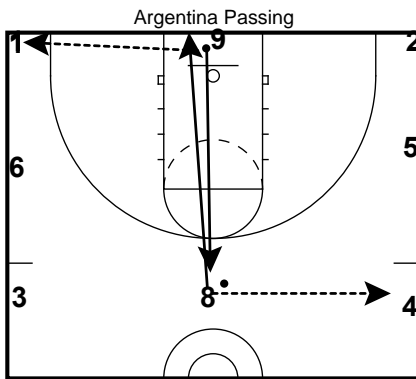


Teach Hoops

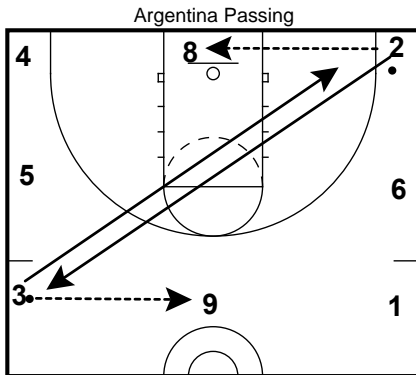
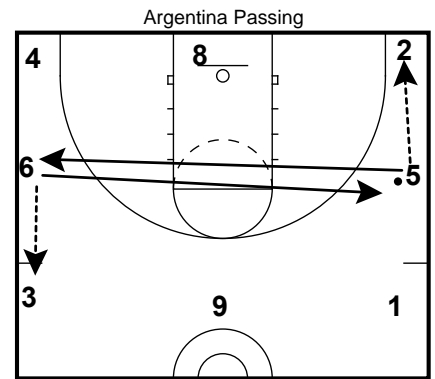
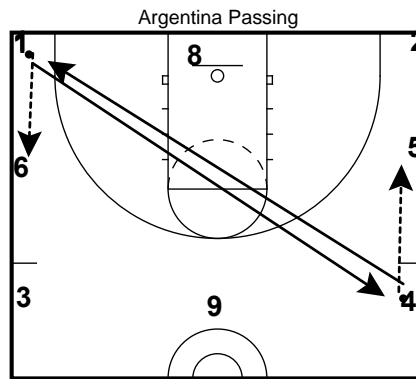


Players replace the partner they are across from

1 & 4, 9 & 8, 2 & 3 5 & 6

Two balls are used in the drill, I suggest using the 9 & 8 to start the drill.

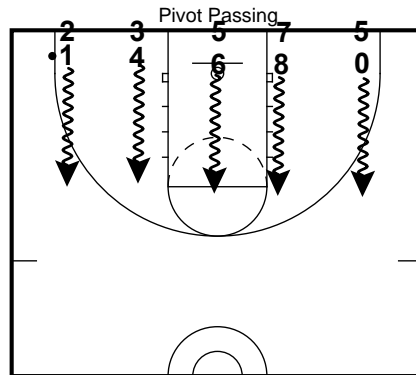
Pattern: Pass the right and exchange with your partner



Focus on:

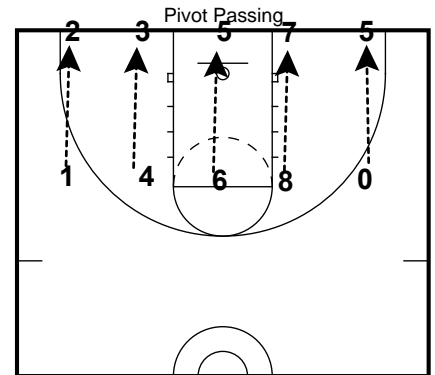
Sprinting, Talking, Footwork, and Solid Passing

- Variations:
- Weighted Basketball
 - Left Direction
 - Certain Types of Passes

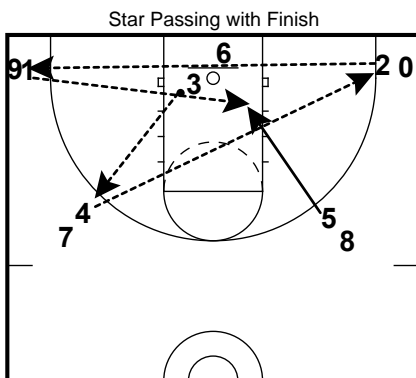


Players partner up and work on dribble, jump stop, rip through, and pass.

You can create any combos you desire.



Work on certain combo for a duration of time, then change it up.



Pattern begins with player under the rim, then creates a star pattern to a finish.

Players follow their pass. Ball should never hit the floor.

Variation: Change wing starting pass and finish left side, see next frame

