nike girls skills academy

2012 ATHLETE HANDBOOK

Compliments of the following Lead Clinicians

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Josh Oppenheimer
Danielle Viglione
Dear Nike Skills Academy Athlete,

Welcome and thank you for taking the time to attend our 2012 Nike Skills Academy. We have put together a tremendous staff to assist you in improving all aspects of your game.

This ATHLETE HANDBOOK includes was compiled by all of our Lead Clinicians across the country to guide you in your skill development even after this weekend. Feel free to contact any of the staff with questions regarding the drills in the book. Inside this ATHLETE HANDBOOK, you will also find inspiration to take your game to another level and a guide to media relations.

Below is our Mission Statement for Nike Skills Academy. We wish you the very best and hope that you utilize all the tools we have shared with you this Spring.

Nike Skills Academy
Mission Statement
SKILL DEVELOPMENT IS THE #1 GOAL

Our goal is to educate young elite athletes on the importance of working on their game - NOT just playing games. We want to “arm” athletes like you with new drills that you can utilize to get better throughout the year.

Every basketball athlete plays from October to March, but more and more are only playing games in the summer. The players who WORK on their game from March to October are the ones who will get ahead.

We want to motivate athletes to work independently on their game and their fundamental skills in a competitive, yet fun and high-energy atmosphere.

This is what will get you the NEXT LEVEL!
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All Player Workout

I. **Stationary Dribbling with Tennis Ball (Do each for 30 secs)**
   - Execute the below moves without a tennis ball
   - Execute the move while tossing a tennis ball
     a. Side Jab – Toss tennis ball, execute short side fake with foot, catch tennis ball
     b. In/Out – Toss Tennis Ball, make inside out move w/ basketball hand, catch tennis ball with free hand
     c. Between legs – Toss Tennis ball with right hand, go between legs with left hand, catch tennis ball with left hand palm down, then repeat
     d. Behind the back – repeat the above but go behind the back

II. **2 Ball Drives** (Make 10 in 1:10 seconds)
   - a. Drive to chair with 2 balls being dribbled, place 1 ball in the chair, take a floater
   - b. Now come back to chair, and take a jumper

III. **Sue Bird Drill** (Make 10 in 1 minute)
   - a. Drive at chair execute a WNBA dribble move
     i. b/w leg-cross
     ii. b/w leg-behind back
     iii. behind back-cross
     iv. in out – cross
     v. Pull up for a 1-2 step jumper
   - b. Come back to chair drive for a step through finish
     (Chair has 2nd ball on it)
IV. **Lauren Jackson Finish School** (Make 10 in a row in a minute)

Execute:
- Step Through
- Step Around
- Reverse Pivot Finish at the 3 cones
  - You must have at least 3 finishes for each move
  - Make sure you are going to the left and right direction
- You have to start at a different cone each rep

V. **Angel McCoughtry Hook Drill** (Make 10 in a minute)

a. Start at 3 pt line, back to basket, Execute a reverse pivot or front pivot into a 1-2 dribble hook
   - Shoulder is at rim (Not a floater)
b. Go right wing, left wing, key, key, then repeat

VI. **Maya Moore Form Shooting Drills** (50 Reps Each)
   a. Mirror shots – execute perfect form
   b. Self shots – shoot ball to self to opposite guide hand – freeze finish
   c. Knee shots – on knees on floor, back straight shoot to rim
   d. Chair Shots – on end of chair, jump out of chair into jumper
   e. Form Shots – make 10 swishes for 5 sets in lane executing game form

VII. **Dee Brown / Kobe Shooting Drills** (Make 5 in :30)
1. Elbow to wing
2. Elbow to wing off dribble (1-2 step)
3. 4 Spot
4. 4 Spot off dribble (step away)
   a) Free-throw Line Jumper

b) Right 3pt and left 3pt

c) Top of Key 3
VIII. Diana Taurasi Triple Threat Separation Moves
- Make 7/10 from 18 feet at the different spots in 1 min and 30 seconds. Do 4 sets

IX. Tina Charles WNBA All Star Drill (Make 12 in a minute)
1. Execute a 1 foot hook, dribble drop, a fake spin, and 2 foot hook in the drill
2. Make move starting from low block to midline
3. Then rip ball out of net, dribble around cone, attack low block, execute same move
4. Start again with different finish move
X. **Lisa Leslie 6 and In (Make 3 in :30)**
   1. Tap ball on backboard 5 times, with 2 hands
   2. On the 6th time put it in
   3. Advanced players do it with 1 hand
   4. Elite players do it with 2 balls

XI. **Jump Rope (:30 Seconds Each set, :15 Seconds Rest)**
   1. 2 feet -- jump on 2
   2. 2 feet side to side -- jump on 2 side to side
   3. 2 feet up and back -- jump on 2 forward and backward
   4. Staggered 2 feet -- alternate right foot and left foot forward
   5. X -- Have feet shoulder width apart, and cross right over left then left over right
   6. Jump 2 right -- 2 left
   7. Heel toe -- 1 foot is heel, the other is toe

XII. **Lebron -- Core Workout (Do each set :30 sec, no rest)**
   1. Crunches -- feet never touch ground -- ball is squeezed between calves, left knees to chest then straighten
   2. Lifts -- same thing but legs come up over head knees are straight
   3. Toe touches -- lye on back, legs locked, bring right leg up, touch toe with ball, left leg is straight, then repeat
   4. Twists -- sit up on butt, legs off floor, twist side to side with ball
   5. Bicycle -- touch ball to knee, other leg straight, lying on back, touch ball to elbow
   6. Side planks -- 1 hand on floor, other hand up with body sideways and feet sideways on floor (Elite players can place hand on ball)
   7. Front Planks -- Forearms on floor, back straight, body square to floor (elite players put forearm on ball)
   8. 2 hand pushups -- do pushups on ball, 2 hands on ball, 2 feet on floor (Elite players can do pushups, 2 hands on ball, 2 feet on another ball)
*If you don’t get the desired makes in a drill you have to do 2 full court sprints in 10 seconds with your off hand.

**10 Basketball IQ Questions All Good Players Should Know**

1. **What are the four offensive options for the dribbler coming off a sideline pick n’ roll?**
   - Duck-in opposite post / or short corner teammate
   - The screener on the roll / or pop / or early slip
   - Weak-side spot up shooter teammate
   - Dribbler can reject, split, or attack ball screen for their shot (pull-up J or floater)

2. **Where is the best position to post and why?**
   - Midline at the rim, because it is closest
   - Then 1st block and hash mark, because of good angle and space for baseline cutter

3. **Where is the midline and why is it important?**
   - The middle of the lane, from rim to dotted line – when cuts, passes and drive go to the midline, shot percentages go up. It creates open receivers, draws fouls and rebounding opportunities.

4. **What are the 4 ways to finish off two feet?**
   - 1,2 step
   - Step out/back
   - Jump stop
   - Drag foot finish (drag catch)

5. **When you are at the top of the key with the ball and the wing is denied, how do you get them the ball?**
   - Draw defense, penetrate kick
   - Dribble at for back door or hand off
   - Flash a player for back door to high post area
   - Dribble them through off screen (zipper)

6. **What are the rules of transition defense in order?**
   - Get the rim, run back, get in front of ball
   - Stop ball
   - Talk, getting a man
   - Make them throw 3 passes – pressure ball / recover on mismatches

7. **When posting up, what are 3 ways the defender can guard you and how do you get open?**
   - 1. Defense plays behind – you get in a power stance, keep contact by sitting on their thighs, and show both hands like a goal post in football.
   - 2. Defense 3/4 denies – you go your elbow to their arm pit, your foot in front of their top foot. Hands are in an “L” post up.
   - 3. Defense fronts you – signal for ball reversal, step in between their legs with you leg, wedge out with your butt and seal for next pass or weak side block cut or get off, (they turn their head to find you) and post again.
   - 4. 3 / 4 Deny, and guard can’t get angle, Garnett Pivot Cut Drill

8. **When you have the ball on offense, the defense can play you 4 ways, what are they and What do you do?**
   - Crowd you or play tight: slow sweep over then go or come back to triple threat/Spin and go/Quick
rip

- 1 arms length away: Shoot it, pass it, or drive it
- Force you right – Go right or fake right & go left
- Force you left – go left or fake left & go right

9. How many defenders can you read during one possession when you have the ball?

- Your defender
- Help-side/weak-side defender
- If you don’t shoot, then you also read the receivers defender

10. When is the best time to drive on offense?

- When the defense is closing out and when you see pockets (spaces or gaps)

Position Points of Emphasis

Wings must be able to execute the following: Create own shot in two dribbles.

- Get separation off catch with right and left foot in triple threat.
- Master the pin down (down screen).
- Shoot the 3 effectively – Shoot 60-70% in practice so you can shoot 35-45% in a game.
- Pick and roll game consistently.
- Cut and split (screen) off the post.
- Sprint the floor – Shoot in the transition.
- Contain dribble penetration, be able to sniff plays out on defense (anticipate), guard post ups.
- Be mentally tough – Nothing rattles you. Stick with this work all summer. Commit to what you are supposed to do every week.
- Be in great shape – Come back to school in the best shape of your life.
- You have to have a floater – a layup over taller defenders in the lane.
- Make open shots – Shoot 70-80% in practice from 15ft-19ft so you can shoot 40-50% in a game.
  - Drive Baseline
  - Spin Middle

Posts must be able to execute the following:

- Sprint the floor.
- Shoot a trail jumper consistently.
- Low, mid, high post game with separation moves and counters.
- Own the midline – By posting deep consistently and/or getting there with 1-3 dribbles.
- Pick and roll, pop, slip-game.
- Be able to contest all post ups or face ups on defense.
- Be mentally tough – Nothing rattles you. Stick with this work all summer. Commit to what you are supposed to do every week.
- Be in great shape – Come back to school in the best shape of your life.
- Must have tremendous rebounding ability.
- Be able to run rim to rim in four seconds.
• Be able to guard in the low, mid, and high post areas.

Point Guards must be able to execute the following:

• Bring ball up against full court defensive pressure (8 seconds—a good point can bring ball up in less than 8 seconds). This is an advantage especially if there is a shot clock in play.
• Must be able to change speed and direction to get separation from their defense
• Execute the ball screen—they have to be able shoot a floater or a pull up jump shot off a:
  1) Two dribble attack separation off the screen
  2) Reject the screen
  3) Split the screen
  4) Look for the pass to the screener, duck in, or weak side spot up shooter

• Know how to cut off the post and most or screen off the post. They also must be able to
  play a 2 man game off the post
• Be effective from a 3 point shot—Shoot 60-70% in practice so you can shoot 35-45% in a
  game.
• Have two separation moves off dribble and out of triple threat.
• Shoot the floater and have a second pivot finishing move.
• Guard a ball handler in the defensive full court.
• Make others better with passing off both hands—They must be able to get to the Kill
  Box (the paint) consistently.
• Hit players with the pass in transition offense (fast break) when they are open.
• Be mentally tough—Nothing rattles them. They must commit to what you are supposed
  to do. They must have a “Pit Bull” type of confidence and swagger.
• Be in great shape—Come back to school in the best shape of their life.
• Makes shots off a pin down—Be able to come off and read defenders off a down screen.
• Make open shots—Shoot 70-80% in practice from 15ft-19ft so you can shoot 40-50% in
  a game.

*Congrats on being a Nike Skill Academy player. It’s a huge honor, but it does not mean ANYTHING if
you don’t practice harder, learn and get better the rest of your basketball career.

-Ganon Baker-
THINK TRAINING'S HARD?
TRY LOSING.
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SHOOTING
5 BASIC STEPS

1. READY POSITION
   A. Starting position for your shot
   B. Proper ball position is fingertips & pad of palm on the ball
   C. Thumb & index finger are wide

2. BALL-ELBOW
   A. Elbow is under the ball and in line with the basket
   B. Ball is a little above shoulder level

3. HELPING-HAND
   A. Help keeps the ball in proper position
   B. Hand is on the side of the ball-fingers at 10 o’clock
   C. Helping hand & shooting hand thumbs form a T.

4. LIFT - PUSH - FREEZE
   A. Lift the ball up to eye level
   B. Push the ball to the basket from eye level
   C. Freeze your shooting hand in the basket

5. BALANCE
   A. Keep head still - eyes on the target
   B. Knees flexed for power
   C. Shooting Foot - heel to toe separation
CLINIC Nice Skills Academy Girls
DATE
DAY 1

NOTES
Offhand passing
* Attack baseline kill spot
Opp hand drift pass spot up

NOTES
Drain out kink (drift/wrap)

NOTES (Saturday)

Mini Drill
Start 1
1. 2 man cut
2. Spin
3. Behind back
4. Change off
5. Pass cut to corner
6. Pass dive in strongside corner

NOTES
Guard work #1
* Each drill - 12 minutes
- Zig-zag off-hand ball handling
- Mini drill left/right
- 3 cone finishes
- Off hand drift/wrap passes
- Guard work #2
- Coach "A" shooting
- Range Finder
- Draw of kick left/right
- 3 man pass and replace
- Spacing in transition
- Run and cones (3v2)
- Interchange
CLINIC: Nike Skills Academy Girls

DATE: DAY 2

NOTES:

Box dribbles
1. Quick changes
2. Spin out
3. Change every dribble

Perfect passing
1 v. 2 - baseball
2 v. 3 - opposed
4 v. Home - Finish

Touched & Go
1 v. 1 - do get it
1 v. 1 - do get it

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Touched & Go
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JUST DO IT

NOTES:

Sunday

Guard work #3
1. Box dribble
2. Multi-box shots
3. Perfect passing
4. Touch & go - finishes

Guard work #4
1. Closeout shooting
2. Closeout
3. Closeout
4. Closeout
5. Closeout

NOTES:

Box dribbles
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READING ON BALL SCREENS

INITIATE WITH
DIAGONAL PIN DOWN
O = OFFENSE
P = COACH W/ BALL
P/F = SCREENER / PICK
XO = ON BALL DEFENDER
XP = PICK DEFENDER

HEDGE
O = OFFENSE W/ BALL
P = PICK
XO = ON BALL DEFENDER
XP = PICK DEFENDER

HEDGE ACTION
XO = FIRST RULE IN PICK & ROLE DEFENSE:
SEND Dribble TO THE PICK.
O = COME OFF PICK HARD, HIP TO HIP
XP = HAND ON HIP OF SCREENER.
MAINTAIN CONTACT.
SHOW YOUR NUMBERS TO THE Dribbler.
FORCE Dribbler TOWARDS MID-COURT.
"STRING" THE Dribbler OUT, SO THEY CAN NOT TURN THE CORNER.

XO - THROW YOUR TOP LEG OVER THE PICK AS Dribbler IS MEETING SCREEN.
SLIDE TO CONTAIN.
XP - SPRINT, RECOVER TO P.

DRILL WORK

3 ON 3
2 GUARDS
1 POST or FORWARD

OPPOSITE XG - STUNT EARLY, FLAT (NOT UP)
READING ON BALL SCREENS

INITIATE WITH
DIAGONAL PIN DOWN
O = OFFENSE
P = COACH W/ BALL
P/F = SCREENER / PICK
XO = ON BALL DEFENDER
XP = PICK DEFENDER

BIG SHOW
O = OFFENSE W/ BALL
P = PICK
XO = ON BALL DEFENDER
XP = PICK DEFENDER

BIG SHOW ACTION
XO - FIRST RULE IN PICK & ROLL DEFENSE. SEND DribBLE TO THE PICK.
O - COME OFF PICK HARD, HIP TO HIP
XP = JUMP OUT BIG AND EARLY ON THE DribBLER... CHEST TO CHEST. FORCE DribBLER TO STOP THEIR DribBLE, TURN TO MID-COURT OR RUN INTO YOU. "PUSH" THE DribBLER OUT, SO THEY CAN NOT RETURN.

XP = SPRINT, RECOVER TO THE LANE. KNOW WHERE POST IS AND KNOW IF SHOOTER OR NOT.
Don't Dream of Winning
Train for it.
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3 DRIBBLE LAYUPS

Shooter starts underneath the basket with the basketball. Take 2 dribbles to the right elbow and touch the corner with your left foot. Pivot and explode down the lane line. Take 1 more dribble with your left hand and lay in the ball with your left hand. Rebound the basketball and proceed to take 2 dribbles to the left elbow. Touch the corner with your right foot. Pivot and explode down the lane line. Take 1 more dribble and lay in the ball with your right hand.

A. You have 1 minute to make 12 baskets.
B. Record the # of shots attempted and made on the chart.
C. Hint: Don’t waste time turning the corner of the elbow. Explode!
D. Shoot 4 free throws and record your score.
SHORT CORNER J'S
2 Person Drill

Shooter (1) begins on the right baseline position below the block with a basketball. Passer (2) will stand with her toes behind the free throw line. The time begins when the Shooter (1) shoots the basketball. After she shoots she then rebounds her own shot and passes ball to Passer (2). Next, she sprints to the opposite baseline position and Passer (2) throws a chest pass to the shooter to repeat the drill.

A. You have 1 minute to reach the goal of 8 baskets.

B. Record the # of shots attempted and made on the chart.

C. Hint: Higher shots = softer rebounds.

D. Shoot 4 free throws and record your score.
BACK DOOR LAYUPS  
3 Person Drill

The Shooter starts underneath the basket. The Passer is positioned with their toes behind the freethrow line. The Rebounder stands out-of-bounds underneath the basket. The Shooter sprints in a straight line to either wing. One foot must be outside the 3 pt. line before the backdoor cut can occur. On the backdoor cut the Passer should make a bounce pass to the block area. The Shooter then lays in the basket.
The Shooter then immediately sprints to the opposite wing and repeats the drill while the Rebounder steps in and outlets the ball back to the Passer.

A. You have 30 seconds to make 8 baskets.

B. Record the # of shots attempted and made on the chart.

C. Hint: Don't waste time admiring your shot. On your shot release start to SPRNT!
POST BANK SHOTS
2 Chair & 2 Ball Drill

Place the chairs 1 step away from the lane and between the block and the 1st hash mark. The seat of the chair should be facing the basket. Place a basketball in each chair. Start at chair #1 with your back facing the basket. Pick up the ball and pivot baseline and shoot a bank shot. Rebound your shot and place the ball back on chair #1. Sprint to chair #2 and continue the drill.

A. You have 1 minute to make 10 baskets.

B. Record the # of shots attempted and made on the chart.

C. Shoot 4 freethrows and record your score.
POST PIVOT FREETHROW LINE
2 chair & 2 Ball Drill

Place the chairs 1 step away from the lane and between the 1st and 2nd hash marks. The seat of the chair should be facing the basket. Place a basketball in each chair. Start at chair #1 with your back to the basket. Pick up the basketball from the chair, pivot towards the freethrow line, and shoot the jump shot.
Rebound your shot and place the ball back onto chair #1. Sprint to chair #2 and continue the drill.

A. You have 1 minute to make 10 baskets.

B. Record the # of shots attempted and made on the chart.

C. Shoot 4 freethrows and record your score.
**DIAGONAL J's**
2 Chair & 2 Ball Drill

Place the chairs at each elbow. The seat of the chair should be facing the basket. Place a basketball in each chair. Begin on block #1 and sprint to chair #2. Pick up the basketball, pivot either way to the basket, and shoot the jumper. Rebound your shot and put the ball back on chair #2. Sprint to block #2 and touch the block with your foot. Sprint across to chair #1 and continue with the drill.

A. **You have 1 minute to shoot 8 baskets.**

B. **Record the # of shots attempted and made on the chart.**

C. **Hint: Don't lose time touching the blocks. HIT & GO!**

D. **Shoot 4 freethrows and record your score.**
MAKE 25 2's in 1:45 mins.
3-4 Person Drill & 2 Basketballs

Shooter starts one step inside of the 3 pt. line from the right baseline position. The Passer should stand at the top of the key with her toes behind the 3 pt. line. The Shooter must make 5 shots from the previous position to rotate to the next spot. For instance you have to make 5 baskets from spot 1 to go to spot 2. When the Shooter is in position 3 the passer may move to either wing. Both the Shooter and the Passer begin with basketballs. The clock should start when the shooter takes her first shot. The Rebounder(s), 1 or more people, outlet the ball to the passer. The Passer then feeds the shooter.

A. You have 1:45 minutes to make all 25 baskets.

B. If you do not make all 25 baskets record the # you did complete in 1:45 mins. If you did make all 25 baskets in 1:45 mins., record the amount of time that it took you to complete the drill (ex. 1:37)
MAKE 25 3's in 2 mins.
3-4 Person Drill & 2 Basketballs

Shooter starts at the 3 pt. line from the right baseline position. The Passer should stand at the top of the key with her toes behind the 3 pt. line.
The Shooter must make 5 shots from the previous position to rotate to the next spot. For instance you have to make 5 baskets from spot 1 to go to spot 2. When the Shooter is in position 3 the passer may move to either wing.
Both the Shooter and the Passer begin with basketballs. The clock should start when the shooter takes her first shot. The Rebounder(s), 1 or more people, outlet the ball to the passer. The Passer then feeds the shooter.

A. You have 2 minutes to make all 25 baskets.

B. If you do not make all 25 baskets record the # you did complete in 2 mins. If you did make all 25 baskets in 1:45 mins., record the amount of time that it took you to complete the drill (ex. 1:55)
BALL HANDLING WORKOUT

Need 2 balls/clock

EACH SKILL TAKES 2 MINUTES. USE FULL LENGTH OF COURT.

RHYTHM SEQUENCE

1. 2 BALL RHYTHM DRIBBLING
   (alternate dribbling)
2. 2 BALL RHYTHM DRIBBLING
   (waist high/ball together)
3. 2 BALL RHYTHM DRIBBLING
   (arms extended/ball together)
4. 2 BALL RHYTHM DRIBBLING
   (below knee/ball together)
5. 2 BALL RHYTHM DRIBBLING
   (1 ball above head/1 ball below knee-
    switch coming back)

SKILL SEQUENCE

1. 2 BALL CROSS OVER DRIBBLE
   (in front below waist)
2. 2 BALL BEHIND BACK/CROSSOVER
   (2 minutes right hand behind back/left hand crossover)
   (2 minutes left hand behind back/right hand crossover)
3. 2 BALL CROSSOVER/BETWEEN LEGS
   (2 minutes right hand crossover/left hand between legs)
   (2 minutes left hand crossover/right hand between legs)

1 BALL DRIBBLING SEQUENCE

1. ZIG ZAG SPIN (2 minutes)
2. ZIG ZAG BETWEEN LEGS (2 minutes)
3. ZIG ZAG BEHIND BACK (2 minutes)
4. ZIG ZAG HESITATION WITH PULL BACK & GO
   (2 minutes)
5. PULL BACK DRIBBLE (2 minutes)
JUST DO IT.
THEN
DO IT
AGAIN
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Player starts on the baseline and
spins a banana cut to the elbow for a
jumpshot. Coach passes and rebounds
the shot (unless you have another
player)

After the jumpshot the player will
backpedal to the 20 foot mark then
spin a Banana cut to the baseline
getting a pass from the coach.

do the same drill on the other side of
the floor. 3 spin to the hash mark, 4
jumpshot at elbow, 5 backpedal to hash
mark, 6 spin in for layup

'SHOOTING AND FOOTWORK DRILLS'

'Banana Run with Post up'

Player spins to hash mark (1) she
banana cuts to the elbow for a jumper
(2) then backpedals to hashmark

After the jumpshot the player will
backpedal to the hash mark (3) then
spins to the opposite block for a post
up (4)
'SHOOTING AND FOOTWORK DRILLS'

'Elbow-Corner'

1. The player starts the opposite corner and zones around to the elbow for a jumper.
2. The player then banana cuts to the corner for a jumper.
3. The player then starts in that corner (3) and cuts to the elbow for a jumper.
4. She then banana cuts to the corner for a jumper.

'U-J Drill'

Put a number on the shoes that they take. Keep track of shots made and taken.
'SHOOTING AND FOOTWORK DRILLS'

'Backpedal Drill'

1. The player starts on the baseline and backpedals until the coach yells 'GO'.
2. The player then sprints towards the basket getting a pass from the coach.
3. The player shoots it then starts to backpedal again until the coach yells 'GO'.
4. The player will now banana out to the wing for a jumper.
5. The player shoots it then backpedals until the coach yells 'GO'.
6. She then sprints in for a layup. Then we'll go to the other side.

'J-J Slide Drill'

The player starts the drill with a jumper then she slides to the opposite elbow for another jumper.

The player shoots to the opposite elbow for a jumper, (6) she sprints to half court, (7) then sprints back to the
'INDIVIDUAL SHOOTING AND FOOTWORK DRILLS'

'Crack Back'

The player starts with the ball. She passes to the coach and cuts to the elbow. On the coach's call "Crack Back" the player cuts back to the same spot she started from and gets a pass from the coach. Shoots it.

'Long Elbow'

Here the player starts about the 20' line.

'2 Elbows'

Once the player has taken 5 shots at...
"INDIVIDUAL SHOOTING AND FOOTWORK DRILLS"

7-5-3-2-1

The player starts under the basket with a ball. She passes out to the coach and banana cuts to the wing for a shot. She gets her own rebound and passes back out to the coach. Repeat 7's

Player does the same action on this side of the floor. She takes 5 shots on this side.

3 shots on this side then move over for 1 shot. Keep track of shots made

"Catch- Drive- Shoot"
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Dear Nike Player,

I would like to take this time to personally thank you for attending the 2011 Nike Girls Skills Academy. It was my true pleasure to coach you for the past few days. In my career I have been fortunate to be involved with the game of basketball at every level with both men and women. I want you to get a better understanding of who I and where my basketball roots come from.

Professional Bio:

Kyle Manary grew up in Livingston, Texas. He led the Greater Houston Area in scoring on way to receiving numerous high level division I scholarships. After sustaining a career ending injury he turned his focus to teaching the game of basketball. After spending several years coaching at the Division I college level Kyle made the jump to the Dallas Mavericks of the NBA in basketball operations. Scouting and doing clinics all over the world were just a few of his responsibilities with the Mavs. Missing being on the court and teaching, Manary teamed up with John Lucas to work out over 90 NBA players and several collegiate and high school All Americans. The last four years he has worked and directed the Nike Skills Academies (both boys and girls) where the top high school and college players are gathered. Coach Manary is also one of the directors for the International Jordan Brand Tour. In addition Kyle directs the Chris Paul Elite Guard Camp in Winston Salem, North Carolina. He currently owns and operates Learn To Be A Pro, LLC and Manary Builders, LLC.

I live by the famous quote of John Wooden... “It’s what you learn after you know it all that counts.” Too often players and coaches feel they already know everything which is the most paralyzing skill one could ever develop on the court and in life. The greatest players in the world from Kobe Bryant to Diana Taurasi DEMAND to be coached. They want coaches to tell them their weaknesses so they can focus and get better at them. Remember, no player is perfect, no player will make 100 percent of their shots, and no player will make every play correctly, so always and I mean ALWAYS have a hunger to become better. The great ones are never satisfied!!!!!!
I hope at this Skills Academy you saw the intensity, detail to skill work, and competitiveness it takes to compete at the highest level. I have been at every level and I can promise you this...the day you stop working as hard as you possibly can on your game - somebody somewhere is working and when y’all meet up she will be the most prepared - only because she chose to grow her game and you did not.

I hope this was a very special experience for you as Nike is the BEST company in the world and takes extreme PRIDE in building great people and great players!!!!!!!!!! If I can ever be of any help please feel free to contact me. I travel around a lot working out teams and it would be my pleasure to work with you again!!!!! I have a DVD and advanced workout book on my website if you want a blueprint on what it takes to become THE BEST!!

GROW your game EVERYDAY!

Sincerely,
Kyle Manary
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www.learntobeapro.com
Nike Women’s Skills Academies Drills

**Ball Handling: 1 Ball 2 Ball Line Cone Work**
Set 15 to 18 cones up in a straight line and zig zag pattern

Between every cone have a “pound (where player takes extra dribble before the move) then the move.

**1 Ball**
- Pound Crossover
- Pound Between the Legs
- Pound Behind Back
- Pound Spin
- Left Hand Only
- Right Hand Only
- Left Hand In n Out
- Right Hand In n Out
- Double Crossover
- Between Legs Twice (scissors)
- Behind Back Twice
- Behind Back Twice Between Legs

**2 Ball**
- Alternating
- Simultaneously
- Crossover
- Between the Legs
- Behind the Back
- Spin
- Mix It Up

**Floaters: Both right and left hand**
Keep the ball high and in front of you. Make sure you do not swing the ball!!

**Left Side**
Middle

Right Side

**SHOOTING:**
This is the lost art in today's game!!!! You can't spend enough time working on your shot! Remember, correct form and repetition!!!!!!!!!!

5 Spots

Make 5 Jab Shots
Make 5 Jab-Shot-Fake 1 dribble right (aka and 1's)
Make 5 Jab-Shot-Fake and 1's to left
Make 5 Jab-Shot Fake-step backs to the right
Make 5 Jab-Shot Fake-step backs to the left
Make 5 Left Hand Pound J's
Make 5 Right Hand Pound J's
Make 5 Pound Crossover J's
Make 5 Pound Between Legs J's
Make 5 Pound Behind Back J's
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Warm-up with lay-ups

1. Player starts at baseline and jogs to 28 foot mark.
2. Player touches mark, and sprints toward the basket.
3. Player receives ball from the coach and scores the lay-up.
4. Player starts new line on the other side of court.
5. The next player in line starts jogging when preceding player gets to the three point line.
6. Coach rebounds first lay-up and feeds next player.

Player

X (Begin)  (Start a new line after lay-up) X

---

Pass

Cut
"Baby" jump shots
Player works on catch, footwork and shot while practicing the 8-10' jump shot
coach/teammate passes and rebounds

1. Player sprints from sideline, going to the right, catches with left-right footwork, up for shot.
2. Upon return from the other sideline, going to the left, catches with right-left footwork, up for shot.
3. Shoot ten shots, 5 coming from each direction.

* Group work: 1 shot, meet at other sideline
               2 shots, meet at same sideline
               3 shots, meet at other sideline, etc.
Coach/teammate passes and rebounds

1. To start: player moves to a spot then sprints to an opposite spot, catch and shoot using proper footwork for direction traveling.
2. Coach/teammate rebounds the ball and feeds the player who returns to first spot, touches and moves quickly to shooting spot, ready to catch and shoot.
3. Shoot 5 shots, make 5 shots, shoot ___, or make ___, your choice.
4. After last shot, or last shot made, sprint or backpedal to the mid-court circle, sprint to the basket, receive ball from the coach and score the power lay-up (this is called going "Coast-to-Coast").

Developing the drill:

1. Make the player use different spots on the floor each time he comes up, be sure that the direction for moving into the shot is different each time he comes up. First shot moving to his right, then second shot moving to his left.
2. Drill stays the same but the player catches, goes to the floor for one dribble, up and shoot.
J.J.
(Examples of shots and angles)
Lay-up...elbow...corner
Coach/teammate passes and rebounds
1. Coach/Teammate feeds player for a lay-up and rebounds shot.
2. Player moves to elbow, catches with right-left footwork (going left), shoots jump shot.
3. Player moves to corner, feet alive, legs ready to shoot: catch—shoot.
4. Player goes slowly up opposite sideline from start, explodes for lay-up, then elbow, then to corner.
5. Repeat 4 times.

* Group work:
  1 shot, meet at other sideline
  2 shots, meet at same sideline
  3 shots, meet at other sideline, etc.

![Diagram of Lay-up and Corner Plays](image-url)
Circle the globe
Coach/teammate passes and rebounds

1. Player catches and uses appropriate footwork.
2. Player goes right, touches sideline, explodes back to free-throw line, catches and shoots using proper footwork.
3. Player goes to touch at mid-court, explodes back to free-throw line, catches and shoots using proper footwork.
4. Player goes to touch at left sideline, explodes back to the free-throw line, catches and shoots using proper footwork.
5. Four trips.

Develop the drill:
Add a single dribble drive prior to the jump shot.
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Be great when you don’t have to be!!!!!

I’m sure you all have dreams in basketball. I was a girl about your age with a ball and a dream. John wooden once said, “Success is a piece of mind which is a direct result of self satisfaction in knowing you did your best to become the best you are capable of becoming”. I think about all the countless hours I spent in a gym or outdoor court by myself when no one else was watching. I broke Cheryl Miller’s record for points in a season in California my junior year in high school. That same year I broke the national record for three pointers made in a game with 14. I scored over 3,089 points in my high school career in just 3 years. I was California player of the year in high school for 2 years in a row. I went on to play at the University of Texas where I started breaking records my freshman year. I rank 8th in University of Texas history and hold the single game scoring record with 48 points. I received countless scholar-athlete awards at Texas because I also put an emphasis on school. I started my professional career for the Sacramento Monarchs and then spent 10 years overseas in Israel, Turkey and Italy.

But the thousands of hours of relentless training, the hours with no one in the stands, no one to cheer me on but my own ambition and desire; this was what made me successful. I was great when I didn’t have to be! I was giving 100 percent when no one else was watching. The toughest competition in my life is that which I set up for myself when no one else was watching. You need to do the job that doesn’t have to be done and do it better than it needs to be done. Be great when you don’t have to be great!

Here is a sample Point Guard/Wing workout and Post workout for you to be creative with and be great when you don’t have to be great. They can all be done on a playground, back yard hoop, or regulation court. All you will need is a basketball and maybe a stopwatch. If you don’t have a clock or stopwatch then you can set goals of consecutive makes or repetitions instead. It doesn’t matter what position you play, you can benefit from all of these workouts. Be a well rounded player. Challenge yourself and make sure you are always practicing game speed. Every drill has a challenge. When you can easily achieve each goal I have set for you, then set realistic goals for yourself and don’t stop till you reach them. It’s all about a girl, a ball, and a dream! Get to work!! ☺️
Point Guard/Wing Workout

Make sure you go game speed. If you get tired during the workout, shoot free throws till you can go full speed again)

Stationary dribbling: (keep chest up, eyes up, hips down, pound ball through the wrist and elbow, and never let air between the ball and your hand)

Pound dribbles right and left hand without a mistake: 20 repetitions in 15 seconds

Pound dribble into crossover: 15-20 repetitions in 15 seconds

Pound dribble into between legs: 15-20 repetitions in 15 seconds

Pound dribble into behind back: 15-20 reps in 15 seconds

Pound dribble right hand into in and out dribble with left foot jab: 15-20 reps in 15 seconds

Pound dribble left hand into in and out dribble with right foot jab: 15-20 reps in 15 seconds

In out dribble with crossover continuous without a dribble in between: 15 reps in 15 seconds

Pound dribble and mix and match any of the above for double moves (double crosses, between leg and crossover, behind back and crossover, crossover between leg, etc)

High intensity ball handling: (Start standing on baseline under basket facing half court or you can start on the elbow facing the basket. Use the line of the key from the baseline to the elbow to make your dribble move. You will take one dribble and make your move midway between the baseline and the elbow. Start at 50% speed and shift gears on the crossover to 100% speed dribble. Stop at the other side and turn around and do the same move again back. Change speeds and work on explosive bursts as well as your ball handling moves. )

Crossover dribble: 10-15 moves in 30 seconds switching hands each time

Between legs dribble: 10-15 moves in 30 sec switching hands each time

Behind back dribble: 10-15 moves in 30 sec switching hands each time

In and out right hand: 10-15 moves in 30 sec with only right hand

In and out left hand: 10-15 moves in 30 sec with only left hand
In and out crossover move: 10-15 moves in 30 seconds switching hands each time

Bounce out one dribble and go: 10-15 moves in 30 sec with only right or left hand

Bounce out one dribble and cross: 10-15 moves in 30 sec switching hands each time

Retreat dribble with 2 dribble back and go: 8-10 moves in 30 seconds with the same hand

Retreat dribble with 2 dribbles back and cross: 8-10 moves in 30 seconds switching hands

Zig Zag dribbling: You can do each of the dribble moves above in a zig zag pattern up and down the court 2 times for each move taking 1-2 dribble in between each move. You can be creative with your workouts and you don't have to do the same drill to work on the same thing. But make sure you do it 100% every time. You should mess up sometimes because you are pushing yourself out of your comfort zone.

Attacking basket: (Pick moves from above each day and attack the basket from the top of the key if you are a point guard and from the wings if you are a wing player) You will face the basket and start with any ball handling move and finish with the moves below. You will have to do 5 moves with finishes in a row or in 30 seconds with all the moves below so if you only get 4, you have to do it again. You may only want to concentrate on 1-3 moves per day)

Right hand layup

Left hand layup

Euro step right hand layup (It is a layup but instead of stepping with both steps towards the basket, you will step to the side. This is used to avoid a second defender.)

Euro step left hand layup

Power layup right hand (This is used to create contact, against a help defender, or to get to a spot. You will jump off inside leg and land on both using body as a shield.)

Power layup left hand

Pro hop right (This is used to avoid the second defense or to split defenders. You will jump off one leg and land on both in the opposite direction you started. If defense has hands high you will cuddle ball through. If defense has hands low you will rip the ball over.)

Pro hop left
Spin move finish (This is used when the defender has cut off one direction and you must spin off in the opposite direction.)

Up and under move finish (This is used when defense jumps to block your shot or goes upright. You step through and protect ball on opposite shoulder while keeping ball high)

Outside pivot move finish (This is what they call the Rhondo move. Use this when someone has cut you off in one direction. You will plant your outside foot fake and continue in the same direction with a ball fake and come back around for jump shot.)

Reverse layups under basket (This is used when the defense pushes you far under the basket. You will shoot backwards.)

Front reverse layups under basket (This is used when you have cut the defense off and need to get away so you won’t get blocked. (You will go under the basket but shoot while facing forwards.)

**Shot form**

Shot form shots (Start the ball in your shot pocket which is somewhere between your hip and shoulder. Keep the shooting hand in the middle of the ball with the index and middle finger touching the ball last. Keep all 10 toes at the basket before and after the shot. Bend your knees and get under the ball. As you go to jump start to bring the ball up and your release point should be a little above your shooting side eye. Hold your follow through straight. If you ride a bike and turn the steering wheel left or right, the bike will go left or right. It is the same with our shots. Keep the ball on one line from your shooting side foot, hip, shoulder and elbow. Follow through over the rim and the ball will stay straight. You must jump and then shoot.)

20 consecutive makes 5 feet from basket in front of rim, 10 consecutive makes right side bank shots at the block, 10 consecutive makes left side bank shots at the block

**Toss to self shooting:** (Each time you toss to yourself you can catch the ball and square up for the shot off a 1,2 step or a jump stop. You should be able to use both feet as pivot feet. You will toss the ball to self, catch, square up and shoot the ball. Then you will grab your rebound and go to the other side using opposite footwork. If you do not get at least 10 or whatever goal you set for yourself in a minute you must go back and try again. Make sure you stay within your range and don’t go out too far too fast. Becoming a great shooter takes time. After each set make 2 free throws in a row or more to give yourself a little break.)
Baseline to baseline shooting from 15 feet: Make 10-15 shots in 1 minute

Bank shots back and forth 10 feet from basket: Make 10-15 shots in 1 minute

Elbow to elbow shooting: Make 10-15 shots in 1 minute

Baseline to baseline 3 pointers: Make 5-8 shots in 1 minute

Wing to wing 3 pointers: Make 5-8 shots in 1 minute

Top of the key 3 pointers: Make 5-8 shots in 1 minute

**Dribble up shooting:** (Start at half court and dribble drive from top or from the wing position, pull up at the 3 point line using a 1,2 step or jump stop. This is worth 3 points if you score. Get your rebound and dribble to half court and attack the basket again pulling up for a midrange shot, which is worth 2 points if you score. You have to shoot a 3 pointer and then a midrange shot in that order. For example, if you miss your 3 pointer you cannot shoot another 3 until you have attempted the midrange shot.)

20-35 points in 2 minutes or 6-8 consecutive makes attacking with right hand on right side and left hand on left side and either hand in the middle

**Creating off the dribble:** (Use the same format as the dribble up shooting.) You do not have to do all of these. They are just some ideas to pick from. Make 2 free throws in a row or more between sets.

Hesitation and 1 dribble pull up: 4 in a row or 4 in 1 minute

Hesitation and one dribble step back: 4 in a row or 4 in 1 minute

Crossover or between legs step back shot: 4 in a row or 4 in 1 minute

Between legs, hesitate, and step back for shot: 4 in a row or 4 in one minute

In and out dribble move into 1 dribble pull up: 4 in a row or 4 in one minute

In and out crossover into pull up: 4 in a row or 4 in one minute

In and out crossover into step back shot: 4 in a row or 4 in 1 minute

**Pick and roll:** (If you are a point guard, practice more off the dribble. If you are a wing player, practice more out of triple threat position. Make free throws between sets.)
2 dribble pull up off the pick and roll going right and left: 5 makes in one minute or 5 consecutive makes going right and repeat going left

3 point shot behind the pick using pick both ways: 4 makes in one minute or 4 in a row

Reject the pick: 5 makes in one minute or 5 in a row (Make sure if you’re using the triple threat you must jab into the pick and reject it. If you are off the dribble you will need to crossover.)

Triple threat footwork jump shots or finishing moves mentioned earlier: (Toss the ball to self on 3 point line working on reverse pivot square up or front pivot square up. Make sure you work on both pivot feet. Don’t limit yourself. Catch the ball in triple threat facing the basket.)

Rip to the right and left for 1 dribble pull up with an open step: 5 makes in 1 minute

Rip to the right or left for 1 dribble pull up with a cross step: 5 Makes in 1 minute

Side jab and cross step for one dribble pull up: 5 makes in 1 minute

Side jab and cross step for 2 dribble pull up: 5 makes in 1 minute

Side jab and 1 dribble step back: 5 makes in 1 minute

Side jab and 2 dribble step back: 5 makes in 1 minute

Long jab forward and pull back for shot with no dribbles: 5 makes in 1 minute

Long jab pull back shot fake and 1 dribble shot using any of the above: 5 makes in 1 minute

1 dribble forward and pull back for shot: 5 makes in 1 minute

Wall passing: (Make sure you pass hard and quick. Pass through your hips, wrist and elbow and hit your target every time on time.)

Right hand and left hand wrap around pass: 10-15 reps in 10 seconds with each hand

Pound dribble into wrap around pass: 10-15 reps in 20 seconds

Right hand and left hand wrap around bounce pass: 10-15 reps in 10 seconds with each hand

Pound dribble into wrap around bounce pass: 10-15 reps in 20 seconds

Right and left hand fake high bounce pass low: 10-15 reps in 20 seconds

Right and left hand fake low and air pass by shoulder: 10-15 reps in 20 seconds
Fake right pass left with left foot pivot: 10-15 reps in 20 seconds
Fake left and pass right with right foot pivot: 10-15 reps in 20 seconds
Dribble moves into passing with right and left hand: 10 reps
Full court passing to wall: 10 reps
Backdoor passing off dribble with shoulder to wall with right and left hands: 10 reps each hand

Defense:
Drop step slides in zig zag pattern for 30 seconds
Drop step recover steps in zig zag pattern for 30 seconds
Closeouts slide left or recover step left for 30 seconds
Closeouts slide right or recover step right for 30 seconds

Post workout

Ball handling: (5-10 min) Posts can benefit from any of the point guard and wing ball handling work above. See the Point and Wing workout for this and pick a couple things to work on.

Pound dribbles with opposite shoulder against wall or pad: 50 pounds each hand
Pound with power slide dribbles from one side of key to the other using both right and left hand: 50 pounds alternating right and left going back and forth
Full court speed dribbling up and back 4 times

Controlled tips: Using one hand at a time, tip the ball up on the backboard while timing the tip at the top of your jump. Do not let the ball come below your head. Do 3 sets of 10 repetitions in a row without messing up and on the last tip, tip the ball in the basket. Do this with your right and left hand. Do more repetitions with your off hand if you need more work with that hand.

Mikan drill: Always keep the ball at head level or higher. Jump as high as possible and keep the feet active. Try to get the ball to go in off the backboard without touching the rim.
Make 20 in a row front mikans starting facing the basket alternating right and left hand

Make 20 in a row front mikans off 2 feet

Make 20 in a row reverse mikans starting under the basket alternating right and left hand

Make 20 in a row reverse mikans off 2 feet

**Low post work with back to basket**

**Drop step:** Starting under basket you will roll the ball to yourself and catch somewhere between the block and first hash mark. When drop stepping always keep a low center of gravity and a wide base and lead with the heel. Catch on a jump stop so you do not designate a pivot foot and give a quick head, shoulder, and ball fake one way and drop step one dribble the opposite way.

Drop step baseline both right and left blocks with a 2 foot finish: make 20 (10 makes right hand and 10 makes left hand)

Drop step middle both sides with jump hook finish: Make 20 (10 makes right and 10 makes left)

Double drop step (counter move): Do a normal drop step one way and while picking the ball up lead with the opposite foot in the opposite direction. 20 makes going both ways and using both blocks and finishing with 2 feet or jump hook.

Up and under (counter move to jump hook): As defense goes to one side step through and jump off of 1 or 2 feet. Make 10 each side

Up and around (counter move to jump hook): Defense stays on same side step with outside foot and jump off 2 feet drawing contact. Make 10 going both ways.

**Turnaround jump shot:** Make 20 (10 makes turning right and 10 makes turning left)

**Turnaround jump shot into up and under counter:** Make 10 both ways

Spin off shoulder of defense if playing you tight: 10 make both ways

**Mid post work**

**Reverse pivot step out to ball:** (With your back to the basket, chose a pivot foot, toss the ball to yourself and face the basket stepping out to the ball with your pivot foot and squaring up to the basket.)
Step out with right foot and shoot: 10 makes

Step out with left foot and shoot: 10 makes

Step out and jab at defense and shot: 5 makes both pivot feet

Step out and jab into defense, come back with shot fake and go right and left: 5 makes both pivot feet

Step out rip through right away going right and left and using both pivot feet

Step out and side jab and get to basket: 5 makes both pivot feet

Step out rip through and spin move to basket: 5 makes both pivot feet and going both ways

Step out and 2 dribble power slide to middle for all moves listed under drop step

High post: (Toss to self starting at block and tossing to opposite elbow. Alternate each time. You don’t have to do all the moves in one day. Pick new ones every day.)

Block to elbow shooting alternating every time (you can catch with a front pivot or reverse pivot but be sure to use both feet as pivot): 10-15 makes in 1 minute or 20 makes game speed

Square up and rip through for 1 dribble layup: 10 makes

Square up and side jab for 1 dribble layup: 10 makes

Square up and 1-2 dribble spin move if defense cuts you off to middle or baseline: 10 makes

Square up and jab or go and finish with power layup: 10 makes

Catch and drop step to basket with 1 dribble: 5 makes each elbow

Catch and drop step 1 dribble step back shot: 5 makes each elbow

Catch and drop step 1 dribble step back and go or cross: 5 makes each elbow

Catch and quick spin off defender if pressuring you: 5 makes each elbow going both ways

Short corner: (Toss to yourself running baseline to baseline)

Baseline to baseline shooting: 10-15 makes in 1 minute

Square up and rip through baseline for reverse layup: Make 5 each side
Square up and rip through baseline for front reverse finish: Make 5 each side
Square up and rip through middle for spin move: Make 5 each side
Square up and rip through and power middle 1,2 step finish: Make 5 each side
Square up and rip through middle pro hop baseline finish: Make 5 each side
Use reverse pivot moves from mid post moves from short corner....

Rebounding: (Toss against glass or bounce ball high and grab ball out of air.)
Rebound and put backs no dribble: make 5 each hand
Rebound and step through turn to protect ball put back no dribble: make 5 each hand
Shot fake and put back no dribble: make 5 each hand
Catch ball far from basket and shot fake 1 dribble with a finish move to basket: make 5 each hand

Defense: (See Point/Wing workout)

If you have any questions about these workouts, please feel free to email me or visit our website.

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MEDIA

WORDS OF WISDOM

DEBBIE ANTONELLI
@debbieantonelli

BODY LANGUAGE.

BODY LANGUAGE AND ATTITUDE SAY A LOT ABOUT YOU BEFORE YOU OPEN YOUR MOUTH

★

BRAG ON A TEAMMATE

IT'S NEVER ABOUT YOU IN A TEAM SPORT, IT'S ALWAYS ABOUT TEAM

★

BRANDING

HOW YOU SHAPE AND DELIVER YOUR MESSAGE WITH ARTICULATION AND INFLECTION SAYS WHAT'S REALLY IMPORTANT ABOUT YOUR EXPERIENCE AS A STUDENT ATHLETE.

KARA LAWSON-BARLING
@karalawson20

ALWAYS INTRODUCE YOURSELF

FIND OUT THE NAMES OF THOSE WHO WILL BE INTERVIEWING YOU, CALLING YOUR GAMES.

USE THOSE NAMES IN YOUR CONVERSATIONS WITH THEM.

REMEMBER HANDSHAKE & EYE CONTACT.

★

ANTICIPATE THE QUESTIONS

ANTICIPATE THE QUESTIONS SO THAT YOUR ANSWERS ARE MORE THOUGHTFUL AND POLISHED.

★

BE WARU OF YOUR SURROUNDINGS

EVERY PERSON YOU INTERACT WITH IS A "POTENTIAL" MEMBER OF THE MEDIA.

nike

girls' skills
academy
MEDIA

WORDS OF WISDOM

CAROLYN PECK
@carolynpeck

IT IS A GREAT OPPORTUNITY TO INTERACT WITH THE MEDIA, DON'T AVOID OR SHY AWAY FROM IT.
YOU ARE REPRESENTING YOURSELF, AS WELL AS YOUR TEAM.

IT IS AN OPPORTUNITY FOR YOU TO MARKET YOURSELF, YOUR TEAM AND YOUR SCHOOL.

★

BE HONEST WHILE BEING PROFESSIONAL.
ALWAYS ASSUME EVERYTHING YOU SAY IS ON THE RECORD.
BE SURE YOU UNDERSTAND THE QUESTION AND THE MEDIA UNDERSTANDS YOUR ANSWER.

★

UNDERSTAND THE MEDIA SERVES MULTIPLE PURPOSES. GOOD AND BAD.
BE ABLE TO SEPARATE. DON'T ALLOW IT TO AFFECT YOUR PERFORMANCE.
PLAY FOR YOUR TEAM AND YOUR COACH.

SHELLEY SMITH
@shelleyespn

ALWAYS THINK BEFORE YOU SPEAK-TWEET-BLOG-FACEBOOK-TEXT.

★

REMEMBER YOU ONLY HAVE ONE CHANCE TO MAKE A FIRST IMPRESSION. VALUE THAT.

★

THINK IN EXAMPLES. USE THEM TO EXPLAIN WHAT YOU MEAN.

TAMIKA WILLIAMS-RAYMOND
@TWRaymond

NEVER SAY, “NO COMMENT!”

★

KEEP ALL PERSONAL BUSINESS IN THE LOCKER ROOM.

★

NO “I” IN TEAM.

ALWAYS INCORPORATE YOUR TEAM, COACHES, AND/OR YOUR PROGRAM IN EVERY ANSWER.
TOMORROWS SUCCESS BEGINS WITH TODAYS EFFORT