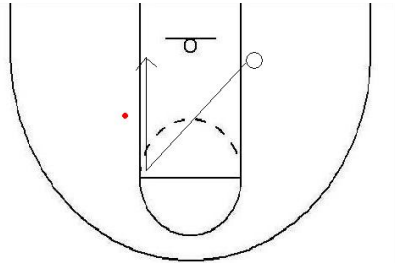


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Individual Development Workout

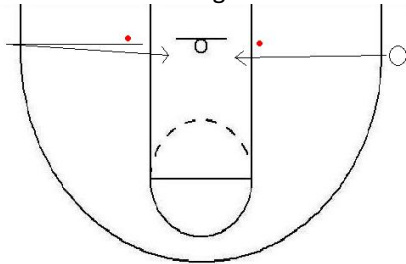
- Mikan Drill: 10 makes on each side
- Reverse Mikan: 10 makes on each side
- Layup Drill: 10 makes



- 
- Sharp cut to elbow, change of speed change of direction into layup
- Have partner bounce ball to you
- Go hard!

LAYUPS ARE THE MOST MISSED SHOT IN THE GAME

- 2 feet power move on strong side of the basket: 6 makes



- 
- Start at 3 point line → rim cut
- Use backboard
- Have partner bounce ball to you
- 2 feet power move on weak side of the basket: 6 makes
- 5 spot shooting-Midrange Jumper
  - 10 makes at each spot
- 5 spot shooting- 3 Pointers
  - 10 makes at each spot

IF YOU ARE GOING TO MISS, MISS LONG

- Shot fake → 1 dribble → Mid-range Jumper
  - 5 spots, 5 makes
  - Step by body to body with 1 dribble

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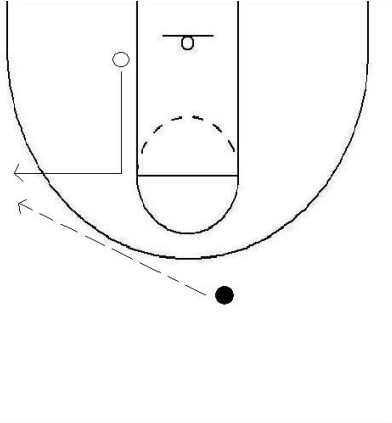
Courtesy of Coach Victor Sfera

<http://triplethreatball.blogspot.com>

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- Partner shooting: Coming off of a pin-down screen
  - Catch and shoot
  - Rip by 2 dribbles
  - Rip by 2 dribbles to the baseline and through the legs
  - Rip by 2 dribbles to the baseline behind the back
- Iso Moves



- 3 dribbles
- Forces to change direction
- L→R Crossover Layup off of 2 feet
  - Start from half court
  - Finish; speed dribble back to the starting point
- L→R Spin off of 2 feet
- Game of 1 on 1
  - Make it/take it
  - 3 dribbles max
  - Play to 3

**BASKETBALL IS A PYRAMID**

- Move up in years, fewer players are around
- Work hard to survive

