



Hoops & Handles Weekend Clinic

Saturday:

9:00am-9:15am

Introduction/Expectations

- Coach's Intro
- Expectations
 - 100% effort (Get out what you put in!)
 - Supportive Environment
 - Balls Down on the Whistle
 - Eyes on the Coach when he is talking

9:15am-9:45am

Ball Handling (Shaun)

- Around the World (everyone)
- Line Dribbling
 - >Control Dribble
 - >Retreat Dribble
 - >Right/Left/Crossover

9:45am-10:00am

Triple Threat/Pivots

- Line Dribbling – whistle=triple threat – 4 Corner Coach's Pivot

10:00am-10:15am

Form Shooting/Water (Groups of 2-3)

- Balance (Perfect Feet)
- Elbow (90 Degrees)
- Eyes (Focus without Tilting)
- Follow Thru (Strong Follow-Thru, Flick the Wrist)

10:15am-10:45am

Spot Shooting (4 Groups)

- Shooting from Ready Position
- Carry-over Form Shooting Principles
- Shooter/Passer/Rebounder

10:45am-11:00am

Defensive Slides

- Full Court Slides
- Step Slide – ½ Speed – Full Speed

11:00am-11:15am

Free Throws/Water

11:15am-11:35am

Close-Out Drill + Box Out (4 Groups)

- Close out to coach (multiple players can close out to get more reps)
- Trace the ball with hands while staying low and balanced (Yelling Ball, Ball, Ball)
- On the Coach's shot, players turn to box out (skeleton) and rebound ball (Yell Shot)

11:35am-11:45am

Box Out Drill (4 Groups)

- A line on each wing, with a defender. Box out on the shot (Yell Shot)

11:45am-12:00pm

Shooting Competition (4 Groups)



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Sunday:

9:00am-9:30am

Ball Handling

- Around the World (everyone)
- Line Dribbling
 - >Control Dribble
 - >Retreat Dribble
 - >Right/Left/Crossover

9:30am-9:40am

Lay-Ins w/out Dribble (4 Groups)

- Work on Proper Footwork
- Right and Left Hands
- Long/Strong Steps

9:40am-9:50am

Form Shooting/Water (Groups of 2-3)

- Balance (Perfect Feet)
- Elbow (90 Degrees)
- Eyes (Focus without Tilting)
- Follow Thru (Strong Follow-Thru, Flick the Wrist)

9:50am-10:20am

Ball Handling Moves with Lay-ins/Jumpers (2 Groups)

- Cross-Over Dribble (in-front & thru legs)
- In & Out Dribble
- In & Out Dribble w/ Cross-Over
- Stutter Step
- Stutter Step w/ Crossover
- Stutter Step w/ Double Crossover

10:20am-10:35am

Full-Court Lay-In Competition/Water (2 Groups)

- Round 1 = Right Hand
- Round 2 = Left Hand

10:35am-11:00am

Rhythm Shooting (4 Groups)

- Catch & Shoot (Sideline Players Pass)
- Screen Shooting (Baseline Players Pass)

11:00am-11:30am

3-on-3 Half-Court Shell/Water (4 Groups)

- Defensive Position to Ball (Help-Side/Close-Outs/Charge)
- Trace the ball with hands while staying low and balanced (Yelling Ball, Ball, Ball)
- On the shot, players box out and rebound ball (Yell Shot)

11:30am-11:45am

3-on-3-on-3 Full Court/Water (2 Groups)

- Shell Principles in Full-Court

11:45am-12:00pm

Dribble Tag Competition