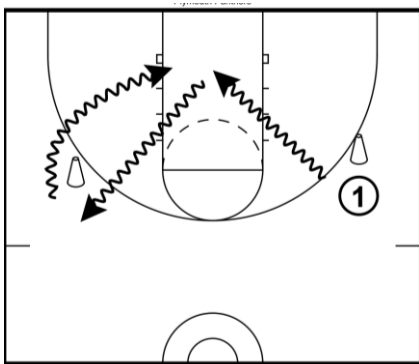


Plymouth Girls Basketball Driveway Routine

Drill #1 - One Hand Shooting Drill

- Shot from just in front of the rim
- One hand behind your back
- Point your toes at an angle. 11:00 if you are right handed and 1:00 if left
- Make 10 one handed shots. Hold your follow through until the ball hits the ground. Put your fingers in the bucket.

Drill #2 – X-Out Lay-Ups



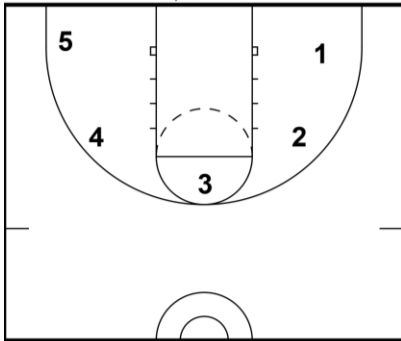
- Start with a right handed lay-up. Alternate right and left handed until you make five from each side.

Drill #3 - Ball Handling

- Place two markers 10 steps (15 ft) apart.
- **First Time (Cross Over)**
 - a. Make eight trips back and forth cross over in the middle each time.
 - b. Only change hands in the center. Do not change hands when you turn around.
- **Second Time (Between the legs)**
 - a. Make eight trips and go between the legs with the middle each trip.
 - b. Be sure to go between the legs right hand to left hand and then left hand to right hand coming back.
- **Third Time (Retreat Dribble)**
 - a. Make eight trips. When you get to the middle, back up dribble for two dribbles then go.
 - b. Change hands each time you change directions.

Drill #4 – Spot Shooting

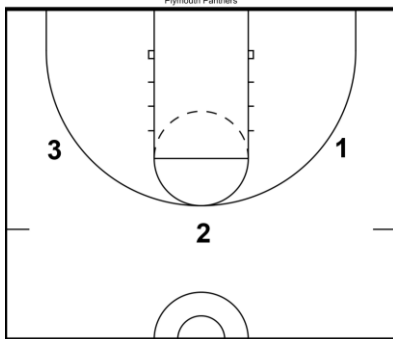
- Place markers at 5 spots around the basket.



- Make 10 shots from each spot before you move to the next spot
- If you can make 6 out of 10 from a spot, move it back a step.
- Make sure you are shooting with good form.

Drill #5 – Two Dribble Pull-Ups

- Use the two wings spots and the top spot for this drill.



- From each spot attack with two dribbles to the right and shoot. Then attack with two dribbles to the left and shoot.
- Shoot 5 shot going right and 5 going left from each spot.

Drill #6 - Free Throws

- Shoot ten free throws. How many can you make out of 10?