

Lady Panthers Open Gym Routine

Drill #1 - One Hand Shooting Drill

- A. Start just in front of the rim. Guide hand behind your back.
- B. If you make a perfect swish, take a step back.
- C. Continue until you make it to the free throw line.
- D. Concentrate on your shooting line? Foot, knee, elbow, ball.
- E. Track your misses. Are they short, long, left, right?

Drill #2 - Dribble Commando (Baseline to FT line)

- A. Perform 8 trips for each skill. FT line and back is two trips.
- B. Shoot 4 free throws in between each set.
 1. One ball. Cross over in the middle, reverse pivot to turn around.
 2. One ball. Between the legs in middle, reverse pivot to turn around.
 3. One ball. Attack the middle, retreat dribble for two. Cross over and go. Reverse pivot to turn around.
 4. Two balls. Cross over in the middle. Turn any way you choose.
 5. Two balls. Between the legs in the middle. Turn any way you choose.
 - Be sure you go between the legs with the other hand on the way back.

Drill #3 - 25 Point Game

- A. 5 spots on the floor. Corners, Wings, Top.
- B. Spin the ball to yourself or have a partner pass to you.
- C. From every spot, you will do the following.
 1. Shoot a 3-point shot. Make = 3 points
 2. Shoot a 2-point shot. Make = 2 points
- D. Work your way around to all 5 spots. Perfect score is 25 points.
- E. Play the game four times. Try to beat your score each time

Drill #4 - Jab Step Drill

- A. Work from three spots. Wings and top.
- B. Spin the ball to yourself or have a partner pass to you.

- C. Right-handed players use their right foot as their jab foot. Left-handed players use their left foot as their jab foot.
- D. Shoot 4 free throws in between each spot.
- E. Progression - Perform each skill one time from all 3 spots
 - 1. Jab step and go. Finish with a two-foot power lay-up.
 - 2. Jab step and cross over. Finish with two-foot power lay-up.
 - 3. Jab step and go. Two dribbles and pull-up jump shot.
 - 4. Jab step and cross over. Two dribbles and pull-up jump shot.
 - 5. Jab step and pull back for a jump shot.

Drill #5 - Post Moves

- A. Perform each move 10 times. Five times turning baseline and 5 times turning middle.
- B. Each move must be performed on right block and left block.
- C. Spin the ball to yourself to start or receive a pass from a partner.
- D. Post Moves
 - 1. Turn and Shoot
 - 2. Up and Under
 - 3. Drop Steps
 - Baseline is power lay-up
 - Middle is $\frac{1}{2}$ hook

WINNERS WORK HARD WHEN NOBODY IS WATCHING!!!