1 makes passes of the dribble. Focus on squeezing passes through cones and wrapping around cones.
Skill Development Workout

Spartan Basketball

In/Out Circuit

1 attacks coach with in/out and scores. Curls around first cone and hits in/out on second cone to return to start point.
1 attacks basket from triple threat vs. chair. Passes ball to coach and runs off chair (floppy action). Coach passes ball back.
1 attacks chair in help position with change of direction for score. Passes ball back to coach. Flashes corner to wing.
Skill Development Workout

Spartan Basketball

Multiple Actions

Catch and Shoot
Skill Development Workout

Spartan Basketball

Dribbling Cone Curls with Defense

Players curl around cones full speed. Defense jumps ball handler on turn to create quick decisions.
1 attacks basket from triple threat vs. chair. Passes ball to coach and runs off chair (floppy action). Coach passes ball back.
1 attacks chair in help position with change of direction for score. Passes ball back to coach. Flashes corner to wing.
Skill Development Workout
Spartan Basketball

Multiple Actions

Catch and Shoot