

Drill

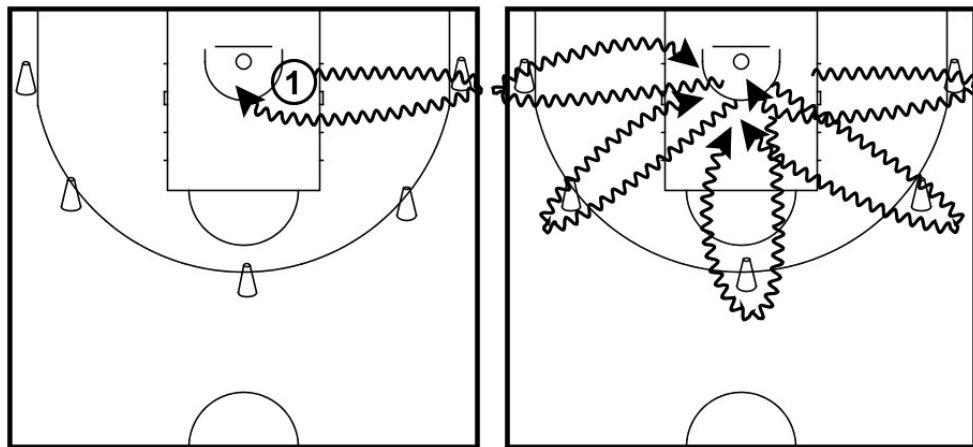
Drill: **Five Finishes (Weak-Hand Phase A)**

Goal: Learning Goal: Control the ball and finish with the non-dominant hand
Points of Emphasis: Stay low, read the court, be explosive

Equipment/# - one
players basketball per
needed: player - five
cones per
hoop

Sketch:

Diagram:



Description: Points of Emphasis: Stay low, read the court, be explosive

Set up five goals outside the three-point line (in the corners, on the wings and at the top of the key). The player starts under the basket and using their non-dominant hand dribbles around the cone and finishes at the rim. If the finish is missed, go around the cone again.

Time: 5-6 minutes. 4 players per basket. Each player goes four times and works on a different finish each time (outside-inside finish, reverse lay-up, cross rim lay-up, Euro step). Always use the weak hand. Work:Pause Ratio: 1:1.

Load the drill by limiting yourself to one bounce between the cone and the basket. Add different finishes (hop step, spins, step-through, Rondo pivot and others).

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage(s):

Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie(s): Ball Handling Defense Dribbling Dynamic 1 on 1
 Footwork Fundamental Movements Passing Picks
 Principals/Actions Rebounding Screens Shooting
 Static 1 on 1

Phase(s): A B C D
