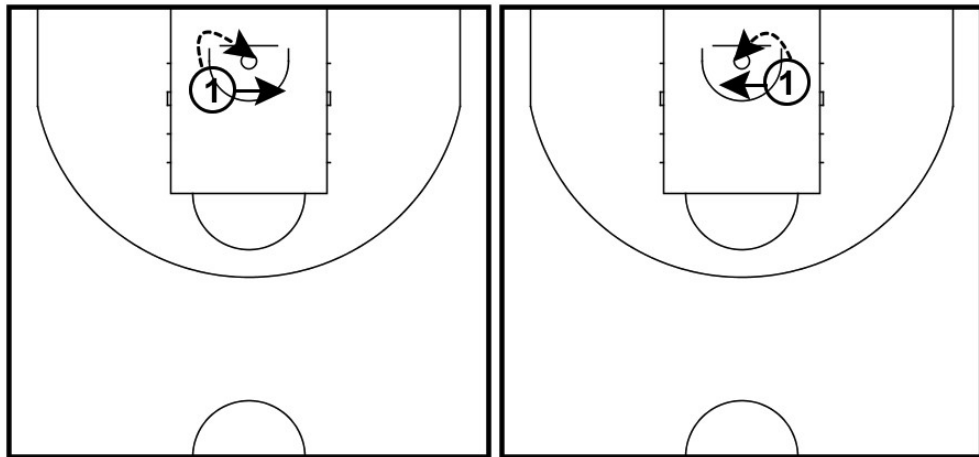


Drill

Drill: **Mikan Drill (CP Shooting Drill Phase A)**

Goal: Learning Goal: Finish near the rim. Points of Emphasis: Keep the ball high, get the elbow away from the body & use correct footwork.

Equipment/# - 2
players players
needed: - 1 ball

Sketch:**Diagram:**

Description: The player starts on one side of the basket & makes a lay-up. Without letting the ball hit the ground, the player grabs the ball as it passes through the nets, moves to the other side & repeats the shot with the other hand.

Use a weighted ball to build strength or allow a defender to simulate contact with a blocking pad.

Progression: Work on outside-inside finishes, reverse lay-ups & bank shots.

Time: Count the number of makes in one minute. Work:Pause Ratio: 1:1

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

© 2018 Canada Basketball - Coach Education - 1 Westside Drive, Suite 11, Toronto, ON M9C
1B2
certification@basketball.ca Voice: 416-614-8037 Fax: 416-614-9570