

Edina Basketball Association Skills Homework

Dribble Pound Series

- 1) Waist high right hand (20-30 reps)
- 2) Waist high left hand (20-30 reps)
- 3) Crossover after five dribbles (20-30 reps)
- 4) Windshield wipers in front right hand (20-30 reps)
- 5) Windshield wipers in front left hand (20-30 reps)
- 6) Windshield wipers on the right (20-30 reps)
- 7) Windshield wipers on the left (20-30 reps)
- 8) Two ball pounds (20-30 reps)
- 9) Two ball alternating pounds (20-30 reps)

Mikan Drill

- 1) Forward (5-10 per side)
- 2) Reverse (5-10 per side)

Furhmann Series

- 1) One hand layup (5-10 per side)
- 2) One hand reverse layup (5-10 per side)
- 3) One hand off two feet (5-10 per side)
- 4) Two hand layup (5-10 per side)
- 5) Two hand reverse layup (5-10 per side)
- 6) Two hand off two feet (5-10 per side)

Pitch Series

- 1) Reverse pivot rip thru low / finish at the rim / same side (5-10 per side)
- 2) Reverse pivot stab / finish at the rim / opposite side (5-10 per side)
- 3) Forward pivot rip thru high / finish at the rim / opposite side (5-10 per side)
- 4) Forward pivot stab / finish at the rim / same side (5-10 per side)

Perfect Shots

Instructions: Square your body (feet, hips and shoulders) to the target. Place the ball in your shooting hand with your palm facing the sky. Extend your arm and bend your knees so that you are in a good athletic position. Move ball to the shooting position with your elbow bent at 45 degrees to that it is directly under your wrist. Working from the ground up, extend your knees and elbow, releasing the ball at the highest point with a snap (down) of the wrist. Hold your finish for at least 1 second. Repeat! Repeat! Repeat!

- 1) 3 feet (50-100 reps)
- 2) 6 feet (25-50 reps)
- 3) 10 feet (25-50 reps)
- 4) Repeat 1) above with off hand