

Paint touches

2 on ball on offense

IPP - Individual Performance Plans

Commit them to daily homework

Micah Drill & good is 4 team player

form shooting drill - one handed

Partner Workouts

PVAD

Positioning → Vision → Anticipation → Decision

footwork - for crossover

+ for getting open

get footwork to match dribbling

practice

practice full speed

speed crossover

how to stop

block-in hot spot cover short

rebound w/ two hands

Catch them when they're good - so they duplicate it