

PLAYER DEVELOPMENT

BALL SKILLS

Handle

- Hip Activation
- 2 Ball Pounds
- 2 Balls/2 Cones
- Slams & Kills
- 5 Cone Layup Drill
- 3 Touch Back Up Dribble
- Tight Cone Work

Passing

- Curry Passing
- Wall Passing
- Square Passing
- Back Cut Layups (drilling it in typical offense)

SHOOTING SKILLS

Basic Footwork: Guards and Posts

- Quick Turns (4 Different Pivots, Various Finishes)
 - Left Front, Right Front
 - Left Reverse, Right Reverse
- Floppy Series (Inside Pivots, Various Finishes)

ACTUAL WORKOUTS

30 Minute Workouts

- Down Screen Shooting (Guards)
- L Cuts (Posts)
- Partner Nash
- Post Nash
- Lateral Series (Handle + Footwork/Shooting)
- Chair Drill
- Agility Shots/Zipper

FAVORITE GUN DRILLS

Gun Drills

- Spot to Spot (Wing to Wing and Baseline to Top)
- B Mode
- 1 Dribble J's and 3's
- Runners and 3's
- Gun Touches/Block Touches
- 4 Shot Partner (3, 1 Dribble J, Curl, Fade)
- DHO's

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COMPETE!

Competitive Shooting Drills

- 3-6-9-12-15 (3 Ball Run)
- 32
- 5 Min Validation Drill
- 2 Min 3's (or 17 footers)
- Fatigue Drill (Score 70 or Partner Version)