



COLONELS DOMINATE COVID19 CHALLENGE

How to DOMINATE your Challenge!

1. Visit www.DixieGirlsBasketball.com for video examples of drills (click on name of drills).
2. Complete each section up to 4 times for Round 2. Mark the date of completion.
3. Send a picture of this printout **to your team leader** when finished.
4. Drawing for winners will be chosen at 12:00pm on June 1.

ROUND 3, June 1-12 ADD CONTACT WHENEVER POSSIBLE. MAKES not TAKES. G=Your Grade.

NAME: _____ **1 POINT FOR EACH DATE**

SECTION ONE: _____ | _____ | _____ | _____ = Total # _____

2:00 **Wall Touches** :30 each; Crossover, Right leg, Left leg, Behind the back

1:00 **4 Corner #Pound Dribbles** (# thru leg, # behind back, # crossover, repeat all)

1:00 **4 Corners No #Pound Dribbles** (thru leg, behind back, crossover, repeat all)

5 **Compass Dribbling** thru leg or behind back with every change of direction

3FT **3 Free Throws**

SECTION TWO: _____ | _____ | _____ | _____ = Total # _____

8x2 spots **Skip Attack Cross + Jousting 1-Foot Finish**

8x2 spots **Scissor Dribble + Floater Finish** Scissor dribble, when defense moves, go JOUST!

3FT **3 Free Throws**

SECTION THREE: _____ | _____ | _____ | _____ = Total # _____

6x2 spots **Post Moves: 1. Drop step 2. Dribble drop step 3. Up & under 4. Shimmy**

Each player will make 48 total post move shots.

3FT **3 Free Throws**

SECTION FOUR: _____ | _____ | _____ | _____ = Total # _____

½ G:00 **Kenny SP off Dribble:** Shoot or Pass OFF 1 BOUNCE (alternate R/L).

½ G:00 **Kenny SPB:** Shoot, Pass or Bounce OFF 1 BOUNCE (alternate R/L).

3FT **3 Free Throws**

SECTION FIVE: _____ | _____ | _____ | _____ = Total # _____

Gx3 spots **Hot Potato** @ Left wing, FT line, Right wing - Ex: 7th grader will make 7 reps in 3 spots

3SFT **SWISH 3 Free Throws**

GRAND TOTAL # OF POINTS FOR ROUND = _____

+1 BONUS POINT for sending an action picture to joel.steczynski@kenton.kyschools.us

ROUND 1

May 6-18

ROUND 2

May 19-31

ROUND 3

June 1-12

ROUND 4

June 13-24



DRILL DETAILS

Video Examples on Coach Steczynski's Youtube Channel

DRIBBLING

Wall Touches :30 each; Crossover, Right leg, Left leg, Behind the back

Magic 7 (Beginners) 50 of each; Right hand, Left hand, Right inside out, Left inside out, Right push & pull, Left push & pull, crossover.

Compass Dribbling Use either scissor or behind the back to change directions. Start on south, go center, west, center, north, center, east, center, back to south, and reverse direction to complete.

Skip Attack Cross. A simple skip gets defender on heels. If skip with left leg, start with ball in right hand, make fake to the right and cross over to the left.

POST MOVES

Drop step, Dribble drop step, and Up & under just to name a few. It's not just for "post players." Some of the most effective players in the post are guards. If nothing else, it helps improve footwork and the reps are similar to power layups. Every rep counts!

Shimmy This is a simple move similar to "air'em" where you are attempting to get the defender up in the air. You fake the shot in motion, then hold your pivot foot and finish going toward the rim.

SHOOTING with CONTACT

Jousting 1-Foot Finish Create separation with inside arm, using your forearm as a jousting stick

Floater Finish It's really just a simple running layup as you attempt to get over the defender's arm. Use your dominant hand (right-handed for most of us) inside 14 feet.

DECISION MAKING

Kenny SP off Dribble (Shoot or Pass) VARY SHOOTING SPOT & DISTANCE.

Rebounder hands go up = pound dribble + pass back

Rebounder hands stay down = shoot

Kenny SPB (Shoot, Pass or Bounce)

Rebounder hands go up = pound dribble and 1-handed pass back (alternate L/R)

Rebounder hands stay down = shoot

Rebounder hands 1 up and 1 side = dribble the direction rebounder is pointing then shoot

Hot Potato @ Left wing, FT line, Right wing. Scissor dribble until the defender gives a cue below:

Defender puts arms out = 1 handed pass back

Defender steps backward = shoot

Defender steps toward your right side = drive left

Defender steps toward your left side = drive right