



Skills and Drills 6

Waist Wraps

https://twitter.com/hennen_workouts/status/1335636086584995842?s=11

Two Person Read and React Shooting Drill

<https://twitter.com/bballimmersion/status/1338079163463438337?s=11>

Balance Shots

https://twitter.com/hennen_workouts/status/1338230621852872705?s=11

Do this Drill Every Day for Two Weeks

<https://twitter.com/1upbasketball/status/1339278444727775235?s=11>

5 Spot Two Makes in a Row

<https://twitter.com/PureIntensityBB/status/1340009548665524226>

Screen-Handoff-Ball Screen Shooting Drill

<https://twitter.com/gregjockims/status/1340384984419352577>

INDIVIDUALS get better before and after practice. TEAMS get better in practice. Have to put in the work outside of team practices if you want to be a great player.