



Skills and Drills 1

ANCHOR STEPS

https://twitter.com/hennen_workouts/status/1330960263403761670?s=11

BALL HANDLING and LAY UP (need a pylon and a chair)

<https://twitter.com/WNBA/status/1319987002486497287>

FOOTWORK AND FINISHING DRILL

https://twitter.com/hennen_workouts/status/1330287777498468353?s=11

SPEED STOPS

https://twitter.com/hennen_workouts/status/1320026118154522629?s=11

ESSENTIAL FOOTWORK AND FINISHING

https://twitter.com/hennen_workouts/status/1321106128554643459?s=11

FLOATER WORK

https://twitter.com/hennen_workouts/status/1325465495500443649?s=11

HANDLE WRAP SERIES

https://twitter.com/hennen_workouts/status/1321960193832456192?s=11

Sometimes a player's greatest challenge is coming to grips with his role on the team. - Scottie Pippen