CHISHOLM TRAIL BASKETBALL SKILL WORK: SHOOTING
LAYUP DRILLS:
Mikan Drill (Make 30 Each Side) X-Out Layups (Dribble inside out around elbows, alternate right and left, 1 minute, try to beat
your best score)
Kentucky Individual (Make move at 3 point line and score at rim; Right/Left; Speed Dribble,
Hesitation, In and Out, Cross-Cross, Quick Move; Include wrong foot layups, Euro step)
Rebound Series (Start at elbow, toss ball off backboard, rebound the ball and score; include
shot fake, shot fake crab dribble and finish on opposite side, tip-ins)