

PAB Basketball Skill Training

- Warm-up – 10 minutes

- Warm-up/Stretch

- Ball Handling – 15 minutes

- Pound Dribble – Left/Right Hand (Floor to Knee)
- Crossover (Floor to Knee)
- Front to Back (V Floor to Knee)
- In – Out (Fake Cross Over) Right to Left, Left to Right
- Right Leg Forward – Btw the Leg Dribble
- Left Leg Forward – Btw the Leg Dribble
- Behind the Back
- 2 Ball Dribbling – 5 Dribbles on Baseline
- 2 Ball Dribbling – 1/2 Court and Back
- 2 Ball Dribbling – 1/2 Court and Back Alternate Dribble
- 2 Ball Dribbling – 1/2 Court and Back Zig/Zag Cross Over
- 2 Ball Dribbling – 1/2 Court and Back Zig/Zag Thru Legs

- Shooting – 15 minutes

- 30 Second Shooting – Corner – Elbow, Elbow – Elbow, Elbow – Corner
- Shooting Off Screens
- Bump & Fade
- Shooting Off the Dribble – 5 Spots Corner, Wing, Top, Wing, Corner

- Post Moves – 15 minutes

- Low Side Rip Thru and Go
- Low Side Rip Thru Spin
- Low Side Fake Baseline, Attack Middle
- Low Side Fake Baseline, Attack Middle Step Back
- Low Side Jab, Jumper
- High Side Rip Thru and Go
- High Side Rip Thru Spin
- High Side Fake Middle, Attack Baseline
- High Side Fake Middle, Attack Baseline Step Back
- High Side Jab, Jumper

- Defensive – 15 minutes

- Defensive Work/Conditioning

- Conclusion – 5 minutes

- Cool Down/Stretch