ST. VINCENTS HAWKS
(SUMMER B-BALL HOMEWORK)



"A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals."
Larry Bird

"Practice habits were crucial to my development in basketball. I didn't play against the toughest competition in high school, but one reason I was able to do well in college was that I mastered the fundamentals. You've got to have them down before you can even think about playing."
Larry Bird

"When you think you have done enough, do a little more, because someone out there is working harder than you."
Larry Bird

The only place success comes before work is in the dictionary.
John Stockton

Don't let your limits define you, let your efforts overcome them.
John Stockton

You can't control how tall you are, but you can control how hard you work.
John Stockton

"Remember that basketball is a game of habits. If you make the other guy deviate from his habits, you've got him."
Bill Russell

"My attitude is that if you push me towards something that you think is a weakness, then I will turn that perceived weakness into a strength."
Michael Jordan

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."
John Wooden

"The key is not the 'will to win'… everybody has that. It is the will to prepare to win that is important."
Bob Knight

"In order to achieve positive results, one must work for them, not hope for them."
Bob Knight

JUMP ROPE

- 2 Feet
- Alternate
- High Knees
- Butt Kicks
- Side to Side
- Front/Back
- Scissor
- Single Foot
- Doubles
- Alternating Rapid Fire

STATIONARY DRIBBLING

- Crossover
- V Between Legs
- V In Front
- V Behind Back
- Figure 8

2 B-BALL STATIONARY

- Same Time Pound
- Alternating
- Kill Dribble
- Quick Hand Taps
- One High – One Low
- Reverse Figure 8
- Crossover
- Between Legs

SPRINT DRIBBLES

- Front Crossover
- Between Legs
- Wrap Around/Behind Back
- Spin
- In & Out

FINISHING MOVES

- Quick Finish
- Reverse (Under the Basket)
- Reverse (Use Rim as Protection)
- Floater
- Wide Finish over Shot Blocker