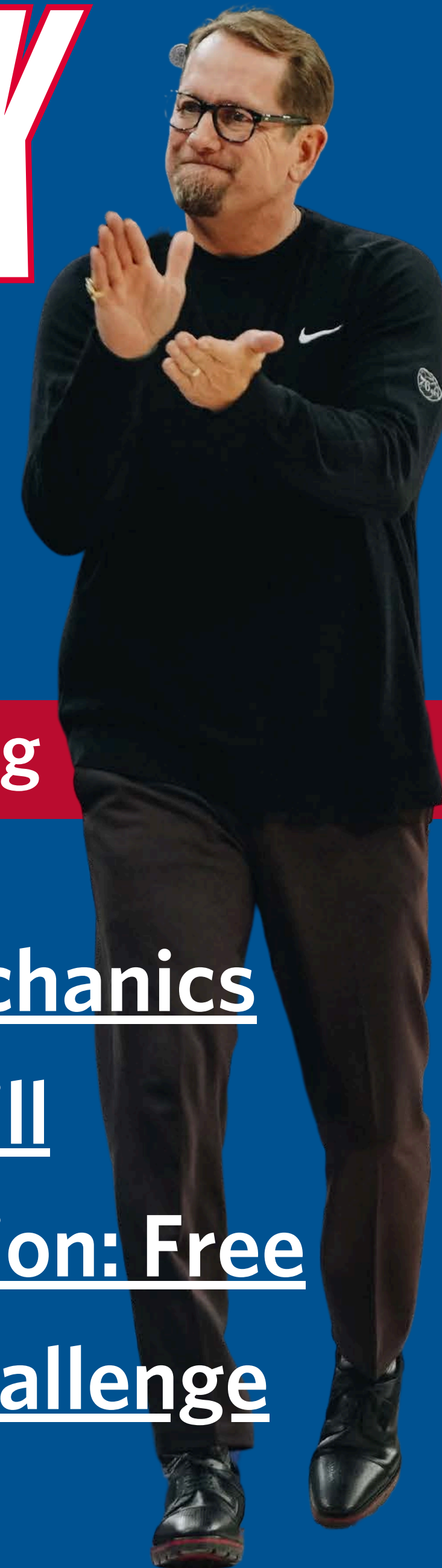




THE PLAYBOOK



Unlock your potential with The Playbook! The Playbook is the go-to resource for drills and strategies tailored to build skills the Jr. 76ers Way. Click on the links below for short videos of our favorite drills.

Ball Handling

- [Maravich Series](#)
- [Dribbling Warmup: One Basketball](#)
- [Drill: Six Dribble Drill](#)
- [Drill: Gates Dribbling](#)

Shooting

- [Basic Mechanics](#)
- [Mikan Drill](#)
- [Competition: Free Throw Challenge](#)

Rebounding/Defense

- [Close out Drill](#)
- [Defensive Rebounding](#)
- [Drill: Team Rebounding](#)

Off Ball Movement

- [Five Basic Cuts](#)
- [Drill: Basic Cut Circuit](#)
- [Ways to Use the Screen](#)
- [Drill: Shots Utilizing the Screen](#)

"I think I'm always a little bit under construction. I'm a project that I'm trying to improve upon." - Nick Nurse