

# **Jim Brogan's**

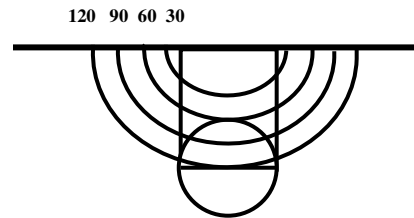
## **Basketball Academy**

*...Inspiring and empowering young people every day.*

## “Two Drills To Improve Your Game”

### 1. **Touch Drill**

- 120 shots in 14 minutes
- Keep your hands up
- Spider on the ball
- Make adjustments



### 2. **Two Ball Dribbling**

- Simultaneously 3 sets
- Alternating 3 sets
- Keep your head up
- Start out slowly (walk before you run)