

Pick Players 10 States Ready Reference Pick Workout

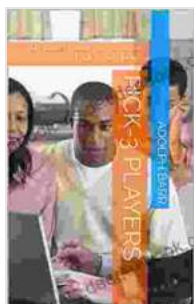
The Pick Players 10 States Ready Reference Pick Workout consists of 10 different exercises:

1. **Baseline Pick:** The player sets a pick for a teammate on the baseline and then rolls to the basket.
2. **Elbow Pick:** The player sets a pick for a teammate at the elbow and then pops out to the wing.
3. **High Pick:** The player sets a pick for a teammate at the top of the key and then screens for a second teammate.
4. **Low Pick:** The player sets a pick for a teammate in the post and then rolls to the basket.
5. **Middle Pick:** The player sets a pick for a teammate in the middle of the lane and then pops out to the wing.
6. **Off-Ball Pick:** The player sets a pick for a teammate without the ball and then relocates to another spot on the court.
7. **Pop Pick:** The player sets a pick for a teammate and then pops out to the perimeter.
8. **Read and React Pick:** The player sets a pick for a teammate and then reads the defense to make the best decision with the ball.
9. **Slip Pick:** The player slips through the defense to set a pick for a teammate.

10. **Wing Pick:** The player sets a pick for a teammate on the wing and then rolls to the basket.

- Start with the basic exercises and gradually add more advanced exercises as you improve.
- Focus on setting solid picks and reading the defense.
- Make quick decisions with the ball.
- Practice regularly to develop your skills.

The Pick Players 10 States Ready Reference Pick Workout is a great drill for improving pick-and-roll skills. The drill is easy to learn and can be used by players of all levels. By following the tips in this article, you can get the most out of this drill and improve your basketball skills.



Pick-3 Players: 10 States Ready Reference Pick-3

Workout! by Adolph Barr

★★★★☆ 4.6 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 237 pages
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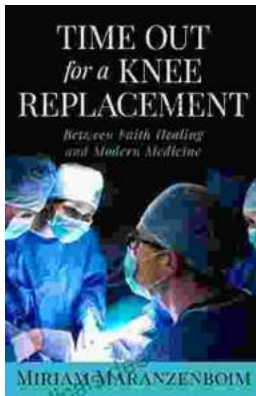
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