

READY STARTS HERE

Open this panel and get after it.

For more training content, go to
sklz.com/SoloAssist

TRAINING GUIDE



Based in Southern California, Open Gym Premier provides high quality basketball skill training through camps, leagues, and player development programs.

As a trusted partner on the SKLZ Basketball Sport Board, they provide insight on training needs for basketball players and feedback throughout the product development process, helping us develop the most innovative training products and programs for basketball players everywhere.

Enclosed, please find specific drills developed by Open Gym to help you train smarter and get ready to take the court on game day.

Add this gear to your training
for even more results.



D-Man



Dribble Stick



ShotLoc

Post your experience with #SKLZ and you
might be featured on the SKLZ network.



Solo Assist V2

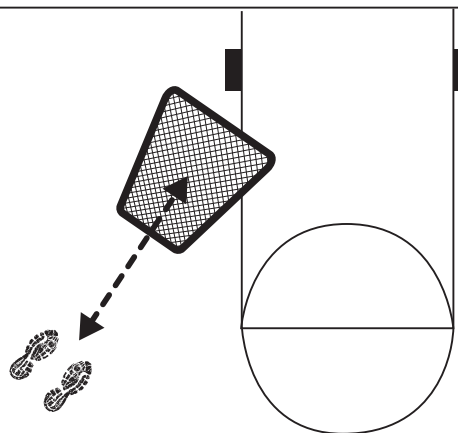
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PREPARE TO BE READY

The SKLZ logo, consisting of the letters "SKLZ" in a bold, black font, followed by two yellow chevrons pointing to the right.

DRILLS

CATCH AND SHOOT



STEP 1

Pick a spot on the court where you would receive shots in a game. Place the Solo Assist 6 to 8 feet in front of that spot (see drawing above). The Solo Assist should be placed between you and the hoop.

STEP 2

Standing directly in front of the unit, from 6 to 8 feet away pass the ball into the Solo Assist, targeting the middle of the net.

STEP 3

Catch the return pass from the Solo Assist with your feet squared up to the hoop in a shooting position. Give a shot fake but don't shoot. Repeat continuously 20 times.

COACHING TIP: In preparation of catching the ball get your knees bent and feet set. Focus on your footwork whether you prefer stepping into your shot or catching off of two feet. Upon catching the ball, bring it to your shooting pocket and finish with a shot fake. Work to get a rhythm, this will help develop muscle memory.

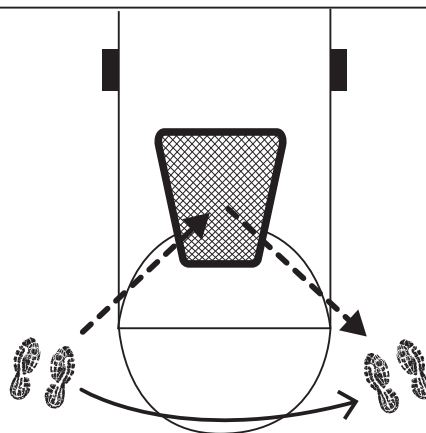
STEP 4

After completing the 20 reps above repeat steps 1-3 but finish with a shot after step 3. Repeat this 20 times.

COACHING TIP: After receiving the return pass in a shooting position, as described above, shoot the ball in one motion with your shooting elbow and knees extending and locking out at the same time. Keep track of your made vs. missed shots and work to improve each time you go through this progression.

For more drills and videos
in this training program, visit
sklz.com/SoloAssist

CATCH AND SHOOT ON THE MOVE



STEP 1

Pick a spot on the court where you would receive shots in a game. Place the Solo Assist 6 to 8 feet in front of that spot (see the drawing above). The Solo Assist should be placed between you and the hoop.

STEP 2

From the left side of the unit, 6 to 8 feet away pass the ball into the Solo Assist and catch it on the right side of the unit. Repeat going from right to left.

STEP 3

Repeat continuously 20 times. Catch each return pass from the Solo Assist with your feet squared up to the hoop in a shooting position. Give a shot fake but don't shoot.

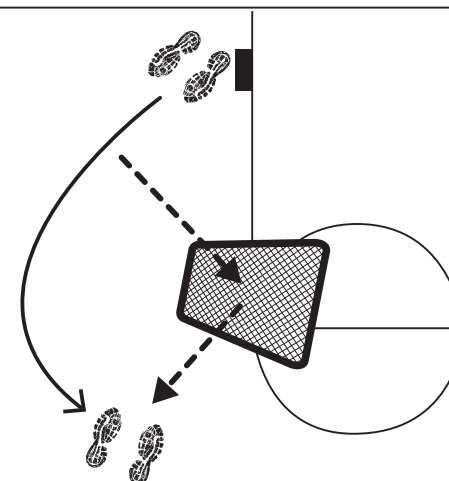
COACHING TIP: In preparation of catching the ball get your knees bent and feet set. Focus on your footwork whether you prefer stepping into your shot or catching off of two feet. Now that you're moving make sure you get your shoulders and hips squared up to the hoop. Upon catching the ball, bring it to your shooting pocket and finish with a shot fake. Work to get a rhythm, this will help you develop muscle memory.

STEP 4

After completing the 20 reps above repeat steps 1-3 but finish with a shot after step 3. Do 20 reps going left to right then repeat going right to left. Taking a total of 40 shots.

COACHING TIP: After receiving the return pass in a shooting position, as described above, shoot the ball in one motion with your elbow and knees extending and locking out at the same time. Focus on elevating straight up and not floating. Keep track of your made vs. missed shots and work to improve each time you go through this progression.

CATCH AND SHOOT OFF A DOWN SCREEN



STEP 1

Position the Solo Assist as shown in the image above.

STEP 2

Starting at the block pop out to the wing as if you were coming off a down screen. When 6 to 8 feet away from the Solo Assist pass the ball and receive it on the opposite side.

STEP 3

Do 20 reps. Catch each return pass from the Solo Assist with your feet squared up to the hoop in a shooting position. Give a shot fake but don't shoot. Position the Solo Assist on the opposite side of the court and do another 20 reps.

COACHING TIP: In preparation of catching the ball get your knees bent and feet set. Focus on your footwork whether you prefer stepping into your shot or catching off of two feet. Now that you're moving make sure you get your shoulders and hips squared up to the hoop. Upon catching the ball, bring it to your shooting pocket and finish with a shot fake. Work to get a rhythm, this will help you develop muscle memory.

STEP 4

After completing the 20 reps on each side of the court repeat steps 1-3 but finish with a shot after step 3. Do 20 reps on both sides of the court. Taking a total of 40 shots.

COACHING TIP: After receiving the return pass in a shooting position, as described above, shoot the ball in one motion with your elbow and knees extending and locking out at the same time. Focus on elevating straight up and not floating. Keep track of your made vs. missed shots and work to improve each time you go through this progression.