2 Touch Shooting (6') 3 Pocket Lift Shooting - Balance hand (12') 4 Pocket Lift Shooting - Shooting hand (12') 5 Pound Lift Shooting - Shooting hand (12') 6 Pound Lift Shooting - Balance hand (12') 7 Throw Crossover Step Back 7 Throw Crossover Step Back 8 Shimmy J - baseline drive fake outside drive with jab and shoulder fake, use outside foot as first step in 1-2 stop into immediate jumper 9 Same-Foot Step Back - middle drive throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot 10 Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper 11 Half Spin pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper 12 Pound Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot with inside out dribble, cross-over step into jumper 13 Inside Out Crossover Step defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble Between the Legs Crossover Step defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 16 Behind the Back Shift Hop autside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 16 Behind the Back Shift Hop autside hand to inside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 Inine Arc Shooting 4 Inine Arc Shooting 5 Timed Arc Shooting		Shooting Warm-Up	
3 Pocket Lift Shooting - Balance hand (12') 10 makes 4 Pocket Lift Shooting - Shooting hand (12') 10 makes 5 Pound Lift Shooting - Balance hand (12') 10 makes 6 Pound Lift Shooting - Shooting hand (12') 10 makes Mid-Range Moves 7 Throw Crossover Step Back 4 finishes - W, P, W cross to immediate step back 5 shimmy J - baseline drive 4 finishes - W, P, W fake outside drive with jab and shoulder fake, use outside foot as first step in 1-2 stop into immediate jumper 4 finishes - W, P, W throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot 10 Reverse Behind the Back Pullback 4 finishes - W, P, W defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper 1 Half Spin 4 finishes - W, P, W pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper 1 lond Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot fripmper 1 lniside Out Crossover Step 4 finishes - W, P, W defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 5 Between the Legs Crossover Step 4 finishes - W, P, W outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 5 Between the Legs Hop outside hand to inside hand while inside pody to outside hand to inside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step 4 finishes - W, P, W sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble 5 Rhooting Drills 5 Timed Arc Shooting 4 minimum timediately into jumper, no extra dribble 5 Rhooting Drills 5 Timed Arc Shooting 4 minimum timediately into jumper, no extra dribble 5 Rhooting Drills 5 Timed Arc Shooting 4 minimum timediately into jumper, no extra dribble 5 Rhooting Drills 5 Timed	1	1 Hand Touch Shooting (6')	10 makes
4 Pocket Lift Shooting - Shooting hand (12') 5 Pound Lift Shooting - Shalance hand (12') 6 Pound Lift Shooting - Shooting hand (12') 7 Throw Crossover Step Back 7 Throw Crossover Step Back 7 Throw Crossover Step Back 8 Shimmy J - baseline drive fake outside drive with jab and shoulder fake, use outside foot as first step in 1-2 stop into immediate jumper 9 Same-Foot Step Back - middle drive throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot 10 Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper 11 Half Spin	2	Touch Shooting (6')	10 makes
5 Pound Lift Shooting - Balance hand (12') 6 Pound Lift Shooting - Shooting hand (12') 7 Throw Crossover Step Back 7 Throw Crossover Step Back 8 Shimmy J - baseline drive 1 fake outside drive with jab and shoulder fake, use outside foot as first 1 step in 1-2 stop into immediate immere 9 Same-Foot Step Back - middle drive 1 throw outside shoulder and foot towards the rim at same time as pound 1 dribble, step back off outside foot 1 Reverse Behind the Back Pullback 2 defender jams drive - stay low, jab outside foot and throw shoulders to 2 outside, pull ball behind back to step back jumper 1 Half Spin 4 finishes - W, P, W 2 pound dribble with outside hand as inside foot steps to rim, pick up dribble 2 as jump stop with back to basket, half spin back to jumper 1 Pound Pivot - middle drive 2 defender on hip - hard pound with outside hand while inside foot strides to 2 rim, reverse pivot on outside foot for jumper 1 Inside Out Crossover Step 2 hard jab with inside foot with inside out dribble, cross-over step into jumper 3 Inside Out Crossover Step 3 hard jab with inside foot with inside out dribble, cross-over step jumper, 3 no extra dribble 5 Between the Legs Crossover Step 5 defense cuts off - drive to hard between legs into cross-over step jumper, 5 no extra dribble 6 Behind the Back Shift Hop 6 behind back from outside hand, sell drive with shoulder fake, into hop back 6 off between legs, no extra dribble 7 Side Push Out Step 7 Side Push Out Step 8 defense cuts off - drive to hard between legs into cross-over step jumper, 9 outside hand to inside hand, sell drive with shoulder fake, into hop back 9 off between legs, no extra dribble 9 Shooting Drills 1 Timed Arc Shooting 1 4 Inishes - W, P, W 1 Inishes - W, P, W 1 Inishes - W, P, W 1 Inishes - W, P, W 2 Inishes - W, P, W 3 Inishes - W, P, W 3 Inishes - W, P, W 4 Inishes - W, P, W	3	Pocket Lift Shooting - Balance hand (12')	10 makes
Mid-Range Moves 7 Throw Crossover Step Back 4 finishes - W, P, W cross to immediate step back 8 Shimmy J - baseline drive 4 finishes - W, P, W fake outside drive with jab and shoulder fake, use outside foot as first step in 1-2 stop into immediate jumper 9 Same-Foot Step Back - middle drive 4 finishes - W, P, W throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot 0 Reverse Behind the Back Pullback 4 finishes - W, P, W defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper 1 Half Spin 4 finishes - W, P, W pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper 1 Pound Pivot - middle drive 4 finishes - W, P, W defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper 1 Inside Out Crossover Step 4 finishes - W, P, W hard jab with inside foot with inside out dribble, cross-over step into jumper 1 Between the Legs Crossover Step 4 finishes - W, P, W defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 1 Between the Legs Hop 4 finishes - W, P, W outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 1 Behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 1 Side Push Out Step 4 finishes - W, P, W sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble 1 Shooting Drills 1 Timed Arc Shooting 4 min	4	Pocket Lift Shooting - Shooting hand (12')	10 makes
Mid-Range Moves 7 Throw Crossover Step Back	5	Pound Lift Shooting - Balance hand (12')	10 makes
Throw Crossover Step Back cross to immediate step back Shirmny J - baseline drive fake outside drive with jab and shoulder fake, use outside foot as first step in 1-2 stop into immediate jumper Same-Foot Step Back - middle drive throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper Half Spin	6	Pound Lift Shooting - Shooting hand (12')	10 makes
cross to immediate step back Shimmy J - baseline drive fake outside drive with jab and shoulder fake, use outside foot as first step in 1-2 stop into immediate jumper Same-Foot Step Back - middle drive throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper Half Spin pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper Pound Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper In reverse pivot on outside foot for jumper Between the Legs Crossover Step		Mid-Range Moves	
8 Shimmy J - baseline drive fake outside drive with jab and shoulder fake, use outside foot as first step in 1-2 stop into immediate jumper 9 Same-Foot Step Back - middle drive throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot 10 Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper 11 Half Spin pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper 12 Pound Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper 13 Inside Out Crossover Step hard jab with inside foot with inside out dribble, cross-over step into jumper 14 Between the Legs Crossover Step defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 15 Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 16 Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills Timed Arc Shooting 4 finishes - W, P, W	7	Throw Crossover Step Back	4 finishes - W, P, W
fake outside drive with jab and shoulder fake, use outside foot as first step in 1-2 stop into immediate jumper 9 Same-Foot Step Back - middle drive throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot 10 Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper 11 Half Spin pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper 12 Pound Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper 13 Inside Out Crossover Step hard jab with inside foot with inside out dribble, cross-over step into jumper 14 Between the Legs Crossover Step defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 15 Between the Legs Hop outside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills Timed Arc Shooting 4 finishes - W, P, W		cross to immediate step back	
step in 1-2 stop into immediate jumper 9 Same-Foot Step Back - middle drive	8	Shimmy J - baseline drive	4 finishes - W, P, W
9 Same-Foot Step Back - middle drive throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper 11 Half Spin		fake outside drive with jab and shoulder fake, use outside foot as first	
throw outside shoulder and foot towards the rim at same time as pound dribble, step back off outside foot Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper Half Spin pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper Pound Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper Inside Out Crossover Step 4 finishes - W, P, W defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills Timed Arc Shooting 4 finishes - W, P, W		step in 1-2 stop into immediate jumper	
dribble, step back off outside foot Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper Half Spin 4 finishes - W, P, W pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper Pound Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper Inside Out Crossover Step hard jab with inside foot with inside out dribble, cross-over step into jumper Between the Legs Crossover Step defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back Tiside Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills Timed Arc Shooting 4 finishes - W, P, W	9	Same-Foot Step Back - middle drive	4 finishes - W, P, W
10 Reverse Behind the Back Pullback defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper 11 Half Spin 4 finishes - W, P, W pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper 12 Pound Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper 13 Inside Out Crossover Step hard jab with inside foot with inside out dribble, cross-over step into jumper 14 Between the Legs Crossover Step defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 15 Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 16 Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 finishes - W, P, W		throw outside shoulder and foot towards the rim at same time as pound	
defender jams drive - stay low, jab outside foot and throw shoulders to outside, pull ball behind back to step back jumper 11 Half Spin		dribble, step back off outside foot	
outside, pull ball behind back to step back jumper 11 Half Spin 4 finishes - W, P, W pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper 12 Pound Pivot - middle drive 4 finishes - W, P, W defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper 13 Inside Out Crossover Step 4 finishes - W, P, W hard jab with inside foot with inside out dribble, cross-over step into jumper 14 Between the Legs Crossover Step 4 finishes - W, P, W defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 15 Between the Legs Hop 4 finishes - W, P, W outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 16 Behind the Back Shift Hop 4 finishes - W, P, W behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step 4 finishes - W, P, W sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 mine drive with shoulder fake in that direction 19 Jimed Arc Shooting 4 mine drive with shoulder fake in that direction	10	Reverse Behind the Back Pullback	4 finishes - W, P, W
Half Spin 4 finishes - W, P, W pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper 12 Pound Pivot - middle drive 4 finishes - W, P, W defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper 13 Inside Out Crossover Step 4 finishes - W, P, W hard jab with inside foot with inside out dribble, cross-over step into jumper 14 Between the Legs Crossover Step 4 finishes - W, P, W defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 5 Between the Legs Hop 5 outside hand to inside hand, sell drive with shoulder fake, into hop back 5 off between legs, no extra dribble 6 Behind the Back Shift Hop 7 definishes - W, P, W 5 behind back from outside hand to inside hand while shifting body to 5 outside - hop back opposite direction as behind back 7 Side Push Out Step 7 definishes - W, P, W 5 sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble 7 Shooting Drills 8 Timed Arc Shooting 4 minimum finishes - W, P, W 5 minimum finishes - W, P, W 6 minimum finishes - W, P, W 7 minimum finishes - W, P, W 8 minimum finishes - W, P, W 8 minimum finishes - W, P, W 8 minimum finishes - W, P, W 9 minimum fin		defender jams drive - stay low, jab outside foot and throw shoulders to	
pound dribble with outside hand as inside foot steps to rim, pick up dribble as jump stop with back to basket, half spin back to jumper 12 Pound Pivot - middle drive		outside, pull ball behind back to step back jumper	
as jump stop with back to basket, half spin back to jumper 12 Pound Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper 13 Inside Out Crossover Step 4 finishes - W, P, W hard jab with inside foot with inside out dribble, cross-over step into jumper 14 Between the Legs Crossover Step 4 finishes - W, P, W defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 15 Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 16 Behind the Back Shift Hop 4 finishes - W, P, W behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 finishes - W, P, W	11	Half Spin	4 finishes - W, P, W
12 Pound Pivot - middle drive defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper 13 Inside Out Crossover Step		pound dribble with outside hand as inside foot steps to rim, pick up dribble	
defender on hip - hard pound with outside hand while inside foot strides to rim, reverse pivot on outside foot for jumper 13 Inside Out Crossover Step 4 finishes - W, P, W hard jab with inside foot with inside out dribble, cross-over step into jumper 14 Between the Legs Crossover Step 4 finishes - W, P, W defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 15 Between the Legs Hop 4 finishes - W, P, W outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 16 Behind the Back Shift Hop 4 finishes - W, P, W behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step 4 finishes - W, P, W sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 min		as jump stop with back to basket, half spin back to jumper	
rim, reverse pivot on outside foot for jumper 13 Inside Out Crossover Step	12	Pound Pivot - middle drive	4 finishes - W, P, W
13 Inside Out Crossover Step hard jab with inside foot with inside out dribble, cross-over step into jumper 14 Between the Legs Crossover Step defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 15 Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 16 Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 finishes - W, P, W		defender on hip - hard pound with outside hand while inside foot strides to	
hard jab with inside foot with inside out dribble, cross-over step into jumper 14 Between the Legs Crossover Step defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 15 Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 16 Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 finishes - W, P, W		rim, reverse pivot on outside foot for jumper	
Between the Legs Crossover Step defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills Timed Arc Shooting 4 finishes - W, P, W 5 finishes - W, P, W 6 finishes - W, P, W 7 Side Push Out Step 8 finishes - W, P, W 8 finishes - W, P, W 8 finishes - W, P, W 9 finishes - W, P, W 10 finishes - W, P, W 11 Side Push Out Step 12 finishes - W, P, W 13 finishes - W, P, W 14 finishes - W, P, W 15 finishes - W, P, W 16 finishes - W, P, W 17 Side Push Out Step 18 finishes - W, P, W 18 finishes - W, P, W 19 finishes - W, P, W 10 finishes - W, P, W 10 finishes - W, P, W 11 finishes - W, P, W 12 finishes - W, P, W 13 finishes - W, P, W 14 finishes - W, P, W	13	Inside Out Crossover Step	4 finishes - W, P, W
defense cuts off - drive to hard between legs into cross-over step jumper, no extra dribble 15 Between the Legs Hop		hard jab with inside foot with inside out dribble, cross-over step into jumper	
no extra dribble 15 Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble 16 Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 finishes - W, P, W	14	Between the Legs Crossover Step	4 finishes - W, P, W
Between the Legs Hop outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills Timed Arc Shooting 4 finishes - W, P, W		defense cuts off - drive to hard between legs into cross-over step jumper,	
outside hand to inside hand, sell drive with shoulder fake, into hop back off between legs, no extra dribble Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 finishes - W, P, W		no extra dribble	
off between legs, no extra dribble 16 Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 finishes - W, P, W	15	Between the Legs Hop	4 finishes - W, P, W
Behind the Back Shift Hop behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 finishes - W, P, W 5 finishes - W, P, W 6 finishes - W, P, W 7 finishes - W, P, W 8 finishes - W, P, W 9 finishes - W, P, W 10 finishes - W, P, W 11 finishes - W, P, W 12 finishes - W, P, W 13 finishes - W, P, W 14 finishes - W, P, W 15 finishes - W, P, W 16 finishes - W, P, W 17 finishes - W, P, W 18 finishes - W, P, W 18 finishes - W, P, W 19 finishes - W, P, W 10 finishes - W, P, W 11 finishes - W, P, W 12 finishes - W, P, W 13 finishes - W, P, W 14 finishes - W, P, W 15 finishes - W, P, W 16 finishes - W, P, W 17 finishes - W, P, W 18 finishes - W, P, W 18 finishes - W, P, W 19 finishes - W, P, W 10 finishes - W, P, W 16 finishes - W, P, W 17 finishes - W, P, W 18 finishes - W, P, W 19 finishes - W, P, W 10 finishes - W, P, W 17 finishes - W, P, W 18		outside hand to inside hand, sell drive with shoulder fake, into hop back	
behind back from outside hand to inside hand while shifting body to outside - hop back opposite direction as behind back 17 Side Push Out Step 4 finishes - W, P, W sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 min		off between legs, no extra dribble	
outside - hop back opposite direction as behind back 17 Side Push Out Step 4 finishes - W, P, W sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 min	16	Behind the Back Shift Hop	4 finishes - W, P, W
17 Side Push Out Step sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills 18 Timed Arc Shooting 4 finishes - W, P, W 5 finishes - W, P, W 6 finishes - W, P, W 7 finishes - W, P, W 8 finishes - W, P, W 9 finishes - W, P		behind back from outside hand to inside hand while shifting body to	
sell cross or any move (hesitation), side step with foot in that direction immediately into jumper, no extra dribble Shooting Drills Timed Arc Shooting 4 min		outside - hop back opposite direction as behind back	
immediately into jumper, no extra dribble Shooting Drills Timed Arc Shooting 4 min	17	Side Push Out Step	4 finishes - W, P, W
immediately into jumper, no extra dribble Shooting Drills Timed Arc Shooting 4 min			
Shooting Drills 18 Timed Arc Shooting 4 min			
18 Timed Arc Shooting 4 min			
	18	-	4 min
		-	Goal > 44 makes