

Attack moves are your choice - all need to be game shots, at games spots, at game speed.					
Perform move going both ways while sliding around the NBA 3pt line. Mix triple threat & live dribble attacks.					
*Groups of 2 (1 Ball) - partner shooting; *Groups of 3 (2 Balls) - 3 man, 2 ball shooting					
*Make 5 FTs each after each segment					
1	Hanger			3 min / 30 shots	Count makes
	1 foot finish; plant and jump off foot away from defense				
2	Reverse Rolls			3 min / 30 shots	Count makes
	Version of a reverse layup; keep ball high; plant and jump off outside foot; finish with an inside hand scoop lay-up				
3	Reverse Sweep			3 min / 30 shots	Count makes
	Version of a reverse layup; keep ball high; plant and jump off inside good; transfer ball to opposite hand and finish on opposite side of the rim				
4	Runner			3 min / 30 shots	Count makes
	Keep ball high; plant and jump off inside foot; drive outside knee up; 1 handed shot with outside hand				
5	Same Foot Layup			3 min / 30 shots	Count makes
	Keep ball high; plant and jump off outside foot; shoot layup with outside hand				
6	Pound Evasion			3 min / 30 shots	Count makes
	Pound dribble while jabbing with opposite foot; side step around defender; jump off outside foot and finish				
7	Pro Hop			3 min / 30 shots	Count makes
	Pound dribble & jump stop at the same time while keeping the ball high; hop laterally away from the defender; land soft on 2 feet; finish				
8	Reverse Layup			3 min / 30 shots	Count makes
	Keep ball high; plant and jump off inside foot; turn body so back is facing out of bounds; finish on opposite side of the rim				
9	Crossover Step			3 min / 30 shots	Count makes
	Pound dribble and jump stop at the same time; cross-step with inside foot; plant and jump off inside foot; finish with outside hand				
10	Spin Layups			3 min / 30 shots	Count makes
	Pound dribble; spin; finis				