

Attack moves are your choice - all need to be game shots, at games spots, at game speed.			
Perform move from both sides, starting at the first hash on the lane.			
*Groups of 2 (1 Ball) - passer/shooter, switch; *Groups of 3 - passer/shooter/dummy D, switch			
*Make 5 FTs each after each segment			
<b>1</b>	<b>Drop Step</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; drop step with outside foot; finish at rim		
<b>2</b>	<b>Attack Middle</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; pound dribble; cross-step outside foot towards midline; tuck ball against body; plant and jump off inside foot		
<b>3</b>	<b>Baseline Hooks</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; pound dribble and bump defender middle; spin and separate towards baseline; shoot a jump hook shot		
<b>4</b>	<b>Baseline Hooks Step Thru</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; pound dribble and bump defender middle; spin and separate towards baseline; into shot fake step thru		
<b>5</b>	<b>Half-Spin Hooks</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; pound dribble and bump defender middle; fake spin back to baseline; front pivot into jump hook to middle		
<b>6</b>	<b>Half-Spin Hooks Step Thru</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; pound dribble and bump defender middle; fake spin back to baseline; front pivot into shot fake, step thru		
<b>7</b>	<b>Pound Pivot Hooks</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; pound dribble and bump defender middle; pound dribble middle while lungin inside foot; front pivot on trail foot into jump hook		
<b>8</b>	<b>Pound Pivot Hooks Step Thru</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; pound dribble and bump defender middle; pound dribble middle while lungin inside foot; front pivot on trail foot into jump hook		
<b>9</b>	<b>Hop Spin Seal</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; pound dribble and bump defender middle; hop and land with both feet parallel to lane line; shot fake; reverse pivot on inside foot to finish at rim		
<b>10</b>	<b>Dribble Drop</b>	<b>3 min / 30 shots</b>	<b>Count makes</b>
	Begin with feet perpendicular to lane line; settle ball and check inside shoulder; pound dribble working to the midline; drop step and spin to the trail leg to finish at rim		