

Initial move/finishes 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	Cross-Step	3 min / 30 shots	Count makes
	Cross-step lunge to sell drive; pound dribble; back step with outside foot; cross ball between legs; hop backwards to get on balance; shoot jump shot		
2	Cross-Step & Go	3 min / 30 shots	Count makes
	Cross-step lunge to sell drive; pound dribble; back step with outside foot; cross ball between legs; attack downhill		
3	Cross-Step, Behind Back	3 min / 30 shots	Count makes
	Cross-step lunge to sell drive; pound dribble; back step with outside foot; cross ball behind back; attack downhill		
4	Same Foot Stop & Go	3 min / 30 shots	Count makes
	Lunge attack foot to sell drive; pound dribble; pop feet while opening hips to defender; attack downhill		
5	Same Foot Stop into Change Direction	3 min / 30 shots	Count makes
	Lunge attack foot to sell drive; pound dribble; change of hand move; attack downhill		
6	Behind the Back to Step Back	3 min / 30 shots	Count makes
	Cross ball behind back; cross-step and lunge to sell drive; side-step or hop away from defender; shoot a jump shot		
7	Crossover to Step Back	3 min / 30 shots	Count makes
	Cross ball over top; cross-step and lunge to sell drive; side-step or hop away from defender; shoot a jump shot		
8	Step Back	3 min / 30 shots	Count makes
	Cross-step lunge to sell drive; pound dribble; side-step or hop away from defender; shoot a jump shot		
9	Inside Out	3 min / 30 shots	Count makes
	Jab & should fake; bring ball to middle of body; push ball to outside of body; attack downhill		
10	Pullup Jumpers	3 min / 30 shots	Count makes
	Plant inside foot and elevate into jump shot off 1-2 dribbles		