

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 12'. Triple threat to start.			
*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	Load Step into Bump Runner	3 min / 30 shots	Count makes
	Lateral jab; drop hips and foot into sprinter stance; load back leg and push off back foot; pound dribble while bumping defender; shoot a runner jumping off outside foot		
2	Load Step into Halfspin Fadeaway	3 min / 30 shots	Count makes
	Lateral jab; drop hips and foot into sprinter stance; load back leg and push off back foot; pound dribble; fake spine by throwing shoulders; front pivot and shoot a jump shot or fadeaway		
3	Load Step into Hop Fade	3 min / 30 shots	Count makes
	Lateral jab; drop hips and foot into sprinter stance; load back leg and push off back foot; drive downhill; hop; land in wide base with feet square to to baseline; shoot a fadeaway jumpshot		
4	Sink Dribble into Move	3 min / 30 shots	Count makes
	Sweep middle; pound dribble; sink and shuffle into a back down; into a post move and finish		
5	Transition Dribble into Move	3 min / 30 shots	Count makes
	Rip baseline; pound dribble; spin into a backdown; into a post move and finish		
6	Front Pivot into Second Dribble	3 min / 30 shots	Count makes
	Start with back to basket; front pivot; rip ball through knees and attack; pound dribble while bumping defender; finish at rim		
7	Front Pivot into Jump Shot	3 min / 30 shots	Count makes
	Start with back to basket; front pivot while keeping ball on shooting hip; pivot to balanced base; shoot jump shot		
8	Front Pivot into Rip Thru	3 min / 30 shots	Count makes
	Start with back to basket; front pivot; rip ball through knees and attack; finish at rim		
9	Front Pivot into Rip Thru to Pullup	3 min / 30 shots	Count makes
	Start with back to basket; front pivot; rip ball through knees and attack; into pullup		
10	Front Pivot , Spin Seal into Jump Shot	3 min / 30 shots	Count makes
	Start with back to basket; half front pivot to survey floor; reverse pivot; separation dribble to create space; shoot a jump shot		