

Finishes are your choice - they need to be game shots, at game spots, at game speed.			
Perform move going both ways while sliding around the 3pt line.			
*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	Knee-Knee Rip / Rocker Step	3 min / 30 shots	Count makes
	Low catch, rip ball from catch to knee of pivot foot to knee of attack foot while jabbing and shifting weight from pivot leg to attack leg, look in direction of pivot foot		
2	Pound Shift	3 min / 30 shots	Count makes
	Low catch, jab with attack foot while taking a pound dribble with pivot foot hand and bounce back to offensive attack		
3	Pound Shift Crossover	3 min / 30 shots	Count makes
	Same move as above, on pound dribble and bounce back, hesitate, crossover and attack in direction of the original jab		
4	Trunk Twist	3 min / 30 shots	Count makes
	Begin with attack foot behind pivot foot, open hips to defender, hard step forward with attack foot while swimming with off hand, crank hips through and go by defender		
5	Trunk Twist Crossover	3 min / 30 shots	Count makes
	Same move as above, but dribble past defender is an immediate crossover to an attack		
6	Jordan Pivot	3 min / 30 shots	Count makes
	Low catch, attack foot jabs into defender to create space and get him leaning, attack foot jab to pivot foot side followed immediately by full pivot and attack		
7	Knee-Knee Chest	3 min / 30 shots	Count makes
	Same as #1 (Knee-Knee Rip) except ball is ripped high on the final attack		
8	Load Step	3 min / 30 shots	Count makes
	Low catch, jab with attack foot, replace it to original spot, then step back with attack foot to load up and attack the other way		
9	Two Touch Jab & Go	3 min / 30 shots	Count makes
	Low catch, short jab followed by a longer jab with attack leg; ball goes from pivot hip to attack knee back then low rip to attack in opposite direction of jab		
10	Shot Fake / Ball Fake	3 min / 30 shots	Count makes
	Low catch, mixing between attacking off shot fakes, rip & go, and ball fakes		