Warm up 06-14-2007

Warm up routine

* Ladder drills

New moves

- * Turn score (no rim) inside block
- * Reverse lay up
- * Lane Jumper
- * Reverse fake and jumper
- * Reverse fake and attack
- * Step through

<u>Chairs</u>

- * Pull through
- * Drop step
- *Step around
- * Spin between