



## Basketball Moves "Shake 'n Bake"

The term "Shake 'N Bake", originally comes from the name of a tasty coating for chicken, which was invented by the people at Kraft. The coating and a piece of chicken are **shaken** together in a plastic bag, and then **baked** in the oven. In **basketball**, the Shake 'N Bake is a move where a player gives a body fake, usually from side to side, to get past the opponent. It's called the Shake 'N Bake because the player shakes his body, then bakes (or burns) using a crossover on his opponent to take the ball to the hoop. (ex. "Iverson has the ball. shakes 'n bakes around Stackhouse and takes it to the rack for two!"). Like its chicken counterpart, the **basketball** Shake 'N Bake is a move that is quickly put together, and turns into something better - a nice basket.



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You can watch a video clip of Michael Jordan teaching how to do a jab-step fake (or a "shake 'n bake" when done in a game) crossover at:

<http://www.jordanextreme.com/jedischool/jedischool-offense.htm>

Scroll down the page and click on the clip named "Force Crossover". It will play in your Windows Media Player.