

BLAST HOOPS TRAINER GUIDE (*Travel*)

2nd - 5th Grade / Ball 28.5 / Rim 7.5ft - 9ft / **6th - 8th Grade** / Ball Size 29.5 / Rim 10ft

SPIN CYCLE

Triple Threat Pivot Right Foot (Forward, Reverse)

Sequence: 2 Dribbles

Balance: Knee's 90 Degrees / Butt Down / Pivot On Balls Of Feet / Engage Toes For Balance As You Spin. Lean Aggressively In The Direction You Are Spinning

Modifications:

- Footwork Only
- Pound Basketball Tucking It Like A Running Back In Football As You Pivot
- 4 Dribble Sequence

GAME SPEED SKILL: Use the lines on the court / Start with feet Shoulder width apart standing on the line / Forward pivot dribbling basketball / Pound basketball while you forward pivot 180 degrees facing the opposite direction / Reverse Pivot back 180 degrees to where you started / **FEET AND BALL WILL ALWAYS STOP ON THE LINE.**

Triple Threat Pivot Left Foot (Forward, Reverse)

Sequence: 2 Dribbles

Balance: Knee's 90 Degrees / Butt Down / Pivot On Balls Of Feet / Engage Toes For Balance As You Spin. Lean Aggressively In The Direction You Are Spinning

Modifications:

- Footwork Only
- Pound Basketball Tucking It Like A Running Back In Football As You Pivot
- 4 Dribble Sequence

GAME SPEED SKILL: Use the lines on the court / Start with feet Shoulder width apart standing on the line / Forward pivot

*dribbling basketball / Pound basketball while you forward pivot 180 degrees facing the opposite direction / Reverse Pivot back 180 degrees to where you started / **FEET AND BALL WILL ALWAYS STOP ON THE LINE.***

Pound, Reverse Pivot / Cross / Pound, Reverse Pivot / Cross

Sequence: 4 Dribbles

Balance: Knee's 90 Degrees / Butt Down / Pivot On Balls Of Feet / Engage Toes For Balance As You Spin. Lean Aggressively In The Direction You Are Spinning

Modifications:

- **Footwork Only**
- **Pound Basketball Tucking It Like A Football Running Back As You Pivot**
- **12 Dribble Sequence**

GAME SPEED SKILL: Use the lines on the court / Start with feet Shoulder width apart standing on the line / Reverse pivot dribbling basketball / Pound basketball while you reverse pivot 180 degrees facing the opposite direction / Cross basketball in front and reverse pivot another 180 degrees continuing down the line on the court / You will be steadily moving from right to left or left to right depending on which way you started / **FEET AND BALL WILL ALWAYS STOP ON THE LINE.**

Pound, Forward Pivot / Cross / Pound, Forward Pivot / Cross

Sequence: 4 Dribbles

Balance: Knee's 90 Degrees / Butt Down / Pivot On Balls Of Feet / Engage Toes For Balance As You Spin. Lean Aggressively In The Direction You Are Spinning

Modifications:

- **Footwork Only**
- **Pound Basketball Tucking It Like A Football Running Back As You Pivot**
- **12 Dribble Sequence**

GAME SPEED SKILL: Use the lines on the court / Start with feet Shoulder width apart standing on the line / Forward pivot dribbling basketball / Pound basketball while you forward pivot 180 degrees facing the opposite direction / Cross basketball in front and forward pivot another 180 degrees continuing down the line on the court / You will be steadily moving from right to left or left to right depending on which way you started / **FEET AND BALL WILL ALWAYS STOP ON THE LINE.**

FINISH

Right Hand

Sequence: 1 Dribble From 3 Point Line

Balance: Feet Shoulder Width Apart As You Run / Drop Shoulders Low As You Drive Downhill To Rim / Be Ready For Contact

Modifications:

- **Footwork Only**
- **2 Steps NO Dribble**
- **1 Dribble From Elbow**

GAME SPEED SKILL: Triple Threat / (RH) dribble, left foot step / Gather / right step, left step & jump off left.

Left Hand

Sequence: 1 Dribble From 3 Point Line

Balance: Feet Shoulder Width Apart As You Run / Drop Shoulders Low As You Drive Downhill To Rim / Be Ready For Contact

Modifications:

- **Footwork Only**
- **2 Steps NO Dribble**
- **1 Dribble From Elbow**

GAME SPEED SKILL: *Triple Threat / (LH) dribble, right foot step / Gather / left step, right step & jump off right.*

Left Hand Scoop

Sequence: **1 Dribble From 3 Point Line**

Balance: **Feet Shoulder Width Apart As You Run / Drop Shoulders Low As You Drive Downhill To Rim / Be Ready For Contact**

Modifications:

- **Footwork Only**
- **2 Steps NO Dribble**
- **1 Dribble From Elbow**

GAME SPEED SKILL: *Triple Threat / (LH) dribble, right foot step / Gather / left step, right step & jump off right.*

Right Hand Scoop

Sequence: **1 Dribble From 3 Point Line**

Balance: **Feet Shoulder Width Apart As You Run / Drop Shoulders Low As You Drive Downhill To Rim / Be Ready For**

Contact

Modifications:

- **Footwork Only**
- **2 Steps NO Dribble**
- **1 Dribble From Elbow**

GAME SPEED SKILL: *Triple Threat / (RH) dribble, left foot step / Gather / right step, left step & jump off left.*

Left Hand 2 Ball Scoop

Sequence: 1 Dribble From 3 Point Line

Balance: *Feet Shoulder Width Apart As You Run / Drop Shoulders Low As You Drive Downhill To Rim / Be Ready For Contact*

Modifications:

- **Footwork Only**
- **2 Steps NO Dribble**
- **1 Dribble From Elbow**

GAME SPEED SKILL: *Triple Threat / (LH) dribble, right foot step / Catch 2nd ball & gather / left step, right step & jump off right.*

Right Hand 2 Ball Scoop

Sequence: 1 Dribble From 3 Point Line

Balance: Feet Shoulder Width Apart As You Run / Drop Shoulders Low As You Drive Downhill To Rim / Be Ready For Contact

Modifications:

- Footwork Only
- 2 Steps NO Dribble
- 1 Dribble From Elbow

GAME SPEED SKILL: *Triple Threat / (RH) dribble, left foot step / Catch 2nd ball & gather / Right step, left step & jump off left..*

HANDLE'S

Left Hand, Right Hand Ankle Dribble (Training Aid Drums Pads & Drum Sticks)

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- 5
- 7
- 10

GAME SPEED SKILL: *Feet outside of your shoulders / Butt should be at 90 degrees as if you were in an imaginary chair /*

Shoulders are back and chest is forward / Head is up / Hand without the ball is at your side with elbow bent / DO NOT rest your hand on your knee or thigh / LET IT BURN.

Left Hand, Right Hand Pound, Waist High

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications: None

GAME SPEED SKILL: Feet outside of your shoulders / Butt should be at 90 degrees as if you were in an imaginary chair / Shoulders are back and chest is forward / Head is up / Hand without the ball is at your side with elbow bent / DO NOT rest your hand on your knee or thigh / LET IT BURN.

Left Hand, Right Hand Pound, Shoulder High

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications: None

GAME SPEED SKILL: Feet outside of your shoulders / Butt should be at 90 degrees as if you were in an imaginary chair / Shoulders are back and chest is forward / Head is up / Hand without the ball is at your side with elbow bent / DO NOT rest your hand on your knee or thigh / LET IT BURN.

Cross, Alternating

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- 3 Pound Dribbles Then Cross / 3 Pound Dribbles and cross back / Repeat
- 2 Pound Dribbles Then Cross / 3 Pound Dribbles and cross back / Repeat
- 1 Pound Dribbles Then Cross / 3 Pound Dribbles and cross back / Repeat

GAME SPEED SKILL: Swing CROSS wide letting it float out away from your body while your elbow almost locks out to straight / Shift your weight to sway in the direction you are crossing / Remember dribbling is about RHYTHM

Pound Between Behind, Left Hand

Sequence: 4 Dribbles

Balance: Feet Outside Shoulders / Shoulders Over Knees

Modifications:

- 6 Dribble Sequence

GAME SPEED SKILL: 1st Dribble pound (LH) / 2nd Dribble (LH) between legs 3rd dribble (RH) behind back underneath butt / 4th dribble (LH) cross

Pound Between Behind, Right Hand

Sequence: 4 Dribbles

Balance: Feet Outside Shoulders / Shoulders Over Knees

Modifications:

- 6 Dribble Sequence

GAME SPEED SKILL: 1st Dribble pound (RH) / 2nd Dribble (RH) between legs 3rd dribble (LH) behind back underneath butt / 4th dribble (RH) cross

Pound Behind, Pound Behind, Alternating

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- **Pound Behind Back Off Wall & Catch Right Hand & Left Hand**
- **3 Pounds Then Behind Back**
- **2 Pounds Then Behind Back**

GAME SPEED SKILL: Pound dribble hard / Keep the height of your dribble below your butt / Cross behind back / Remember the cross should be UNDER YOUR BUTT / Repeat the same process on the other side

Right Hand, Between Cross Back (Step Out Diagonally W/ Left Leg)

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- **Footwork Only**
- **6 Dribble Sequence (Between On 3, Cross On 6)**

GAME SPEED SKILL: *1st Dribble (RH) stepping out with left leg at the same time going between leg / 2nd (LH) cross back to left hand as you step left foot back under left shoulder*

Left Hand, Between Cross Back (Step Out Diagonally W/ Right Leg)

Sequence: **2 Dribble / 45 Seconds / Stamina**

Balance: **Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN**

Modifications:

- **Footwork Only**
- **6 Dribble Sequence (Between On 3, Cross On 6)**

GAME SPEED SKILL: *1st Dribble (LH) stepping out with right leg at the same time going between leg / 2nd (RH) cross back to left hand as you step right foot back under right shoulder*

Left Hand, Right Hand Front Cross

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- Continuous Dribbling Moving The Ball From Left To Right
- 2 Pound Dribbles Into Front Cross Then 2 Pound Dribbles Front Cross Back
- 1 Pound Dribble Into Front Cross Then 1 Pound Dribble Front Cross Back

GAME SPEED SKILL: Keep the inside of your bicep close to your rib cage / Pound the basketball and sway your shoulders and torso in the direction the basketball is moving / When you change directions with the front cross your hand will always be tilted toward the outside of your body / THIS IS NOT AN INSIDE OUT DRIBBLE

Front Cross, Alternating 3's

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- 1, 2, 3, Front Cross & Catch / Repeat Other Hand

GAME SPEED SKILL: Keep the inside of your bicep close to your rib cage / Starting with the front cross going toward the center of your body / 3 Front crosses / On the third cross, you will switch hands and execute 3 more front crosses starting with the first cross going toward the center of your body / Sway your shoulders and torso in the direction the basketball is moving / When you change directions with the front cross your hand will always be tilted toward the outside of your body / THIS IS NOT AN INSIDE OUT DRIBBLE

Left Hand, Right Hand Side Cross

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- Continuous Dribble Moving The Basketball From The Frontside Of Your Body To The Backside Of Your Body. Palm Starts Facing The Back Wall Then Ending Up Facing The The Front Wall.
- Stand Facing A Wall. With Your Hand On The Side Of Your Body Dribble Ball Off The Wall Palm Facing Wall As You Dribble. Catch Dribble Of The Wall And Repeat Process.

GAME SPEED SKILL: Keep bicep close to the rib cage / Dribble with an initial pound dribble / Pull the dribble backwards on the side of your body toward the back wall with your palm facing back wall / Rotate wrist so your palm is facing the front wall / Push dribble on the side of your body back toward the front wall

Left Hand, Right Hand L Dribble

Sequence: 2 Dribble Sequence / 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- 4 Dribble Rhythm

GAME SPEED SKILL: Front cross dribble to the outside of your leg / Side dribble with palm facing back wall clearing your body / Rotate wrist so your palm is facing the front wall / Side dribble clearing the front of your body / Front cross dribble to complete the sequence

Left Hand, Inside Out Dribble

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- Tennis Ball Inside Out Dribble Catch
- 3 Dribbles Inside Out / Repeat
- 1 Dribble Inside Out / Repeat

GAME SPEED SKILL: *Keep the inside of your bicep close to your rib cage / Pound the dribble / As it bounces back up tilt left hand pinky down / Push basketball toward the center of your chest / Tilt left hand thumb down toward your right arm / Push basketball away from your chest back to the outside of your body for the continuous inside out dribble / ALL OF THIS HAPPENS WITHIN ONE DRIBBLE*

Right Hand, Inside Out Dribble

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- Tennis Ball Inside Out Dribble Catch
- 3 Dribbles Inside Out / Repeat
- 1 Dribble Inside Out / Repeat

GAME SPEED SKILL: *Keep the inside of your bicep close to your rib cage / Pound the dribble / As it bounces back up tilt right hand pinky down / Push basketball toward the center of your chest / Tilt right hand thumb down toward your left arm / Push basketball away from your chest back to the outside of your body for the continuous inside out dribble / ALL OF THIS HAPPENS WITHIN ONE DRIBBLE*

Between Legs, Back Through, Cross, Cross, Cross (Alternating)

Sequence: **10 Dribble Sequence / 5 Dribbles On Each Side / 45 Second / Stamina**

Balance: **Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN**

Modification:

- **Only Do One Side At A Time / Pause / Repeat Sequence**

GAME SPEED SKILL: *1st Dribble (RH) between legs / 2nd Dribble (LH) back through legs / 3rd Dribble (RH) 3 crossover dribbles ending up in your left hand to repeat the process on the other side.*

Left Hand Low, Right Hand High / Right Hand Low, Left Hand High (2 Balls)

Sequence: **45 Seconds / Stamina**

Balance: **Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN**

Modifications:

- **12/4 Rhythm (Low Hand Dribbles 12 Times While High Hand Dribbles 4 Together)**
- **Low Hand, Continuous Dribble. High Hand, 4 Dribbles Then Catch**

GAME SPEED SKILL: (Low hand) dribbles below knee / (High hand) dribbles waist high / Whatever your low hand is make sure you are dipping that shoulder / (High hand) make sure your hand and finger pads stay on the front side of the ball

2 Steps Forward, 2 Steps Back BOTH SIDES

Sequence: 10 Dribble Sequence / 45 Second / Stamina

Balance: Knee's 90 Degrees / Butt Down / FEET WIDE APART / Shoulders Back & Back Straight / LET IT BURN

Modification:

- **2 Dribbles In Between Each Sequence**
- **1 Dribble In Between Each Sequence**

GAME SPEED SKILL: 1st Left Foot Forward Step 1st Dribble (RH) between the legs / 2nd Right Foot Forward Step 2nd Dribble (LH) behind the back / 3rd Left Foot Step Back 3rd Dribble (RH) back through / 4th Right Foot Step Back 4th Dribble (LH) crossover / 5th Dribble (RH) CROSSOVER AGAIN / THIS BRINGS US TO THE OTHER SIDE /

1st Right Foot Forward Step 1st Dribble (LH) between the legs / 2nd Left Foot Forward Step 2nd Dribble (RH) behind the back / 3rd Right Foot Step Back 3rd Dribble (LH) back through / 4th Left Foot Step Back 4th Dribble (RH) crossover / 5th Dribble (LH) CROSSOVER AGAIN / THIS BRINGS US TO THE OTHER SIDE /

HANDLE'S ON THE MOVE

Left Hand, Speed Dribble

Sequence: 6 Dribbles For Full Court Layup

Balance: Under Control / Off Hand Bent With Bicep Close To Ribs

Modification: None

GAME SPEED SKILL: *Find your rhythm*

Right Hand, Speed Dribble

Sequence: 6 Dribbles For Full Court Layup

Balance: Under Control / Off Hand Bent With Bicep Close To Ribs

Modification: None

GAME SPEED SKILL: *Find your rhythm*

Left Hand, Front Cross

Sequence: In Motion

Balance: Feet Outside Your Shoulders / Shoulders Over Your Knees

Modifications:

- **2 Dribbles On Each Side**
- **One Continuous Dribble From Outside Your Left Foot To Outside Your Right Foot**

GAME SPEED SKILL: *Keep the inside of your bicep close to your rib cage / Pound the basketball and sway your shoulders and torso in the direction the basketball is moving / When you change directions with the front cross your hand will always be tilted toward the outside of your body / THIS IS NOT AN INSIDE OUT DRIBBLE*

Right Hand, Front Cross

Sequence: In Motion

Balance: Feet Outside Your Shoulders / Shoulders Over Your Knees

Modifications:

- 2 Dribbles On Each Side
- One Continuous Dribble From Outside Your Left Foot To Outside Your Right Foot

GAME SPEED SKILL: Keep the inside of your bicep close to your rib cage / Pound the basketball and sway your shoulders and torso in the direction the basketball is moving / When you change directions with the front cross your hand will always be tilted toward the outside of your body / THIS IS NOT AN INSIDE OUT DRIBBLE

Front Cross Alternating

Sequence: In Motion

Balance: Feet Outside Your Shoulders / Shoulders Over Your Knees

Modifications: None

GAME SPEED SKILL: Keep the inside of your bicep close to your rib cage / Starting with the front cross going toward the center of your body / 3 Front crosses / On the third cross, you will switch hands and execute 3 more front crosses starting with the first cross going toward the center of your body / Sway your shoulders and torso in the direction the basketball is moving / When you change directions with the front cross your hand will always be tilted toward the outside of your body / THIS IS NOT AN INSIDE OUT DRIBBLE

Right Hand, Between Cross Back (Step Out Diagonally W/ Left Leg)

Sequence: 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- **Footwork Only**
- **6 Dribble Sequence (Between On 3, Cross On 6)**

GAME SPEED SKILL: 1st Dribble (RH) stepping out with left leg at the same time going between leg / 2nd Dribble (LH) cross back to right hand / Repeat sequence

Left Hand, Between Cross Back (Step Out Diagonally W/ Right Leg)

Sequence: 2 Dribble / 45 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications:

- **Footwork Only**
- **6 Dribble Sequence (Between On 3, Cross On 6)**

GAME SPEED SKILL: 1st Dribble (LH) stepping out with right leg at the same time going between leg / 2nd Dribble (RH) cross back to left hand / Repeat sequence

Retreat Dribble Right & Left Hand

Sequence: 6 Dribble Sequence

Balance: Wide Base / Looking Over Forward Shoulder

Modifications: None

GAME SPEED SKILL: 1st dribble (LH) left hand retreat dribbles loading and pushing off of your right foot with each retreat. Think of this as a defensive shuffle with your dribble / You'll be looking over your right shoulder as you retreat backwards with your left hand / The basketball and your right foot will hit the ground at the same time / Load & Explode together

Pound Wrap Alternating

Sequence: In Motion

Balance: Feet Outside Shoulders / Shoulders Over Knees

Modifications:

- Stationary / Right Hand Pound / Wrap Right Hand
- Stationary / Left Hand Pound / Wrap Left Hand

GAME SPEED SKILL: 1st Dribble pound (LH) between / 2nd Dribble (RH) wrap behind back / (Footwork) on wrap... / Push off of right leg, before right leg touches left leg, left leg pushes forward and out wide

Pound Behind, Drop Cross Underneath

Sequence: In Motion

Balance: Feet Outside Shoulders / Shoulders Over Knees

Modifications:

- Pound Behind Back Off Wall & Catch Right Hand & Left Hand
- 3 Pounds Then Behind Back
- 2 Pounds Then Behind Back

GAME SPEED SKILL: Pound dribble hard / Keep the height of your dribble below your butt / Cross behind back / Remember the cross should be **UNDER YOUR BUTT** / Repeat the same process on the other side

Pound Between Alternating

Sequence: In Motion

Balance: Feet Outside Shoulders / Shoulders Over Knees

Modifications: None

GAME SPEED SKILL: 1st Dribble (RH) left foot step, pound between / Mini jump stop / While you are in the air rotate hips in the direction you are going / Repeat process on the other side / Keep dribble around knee height.

THE BOX

Retreat Dribble

Sequence: 12 Dribble Sequence

Balance: Wide Base / Changing Levels & Speed

Modifications: None

GAME SPEED SKILL: 1st dribble (RH) left foot step / 2nd dribble (RH) mini jump stop into reverse pivot behind the back / 3rd & 4th dribble (LH) left hand retreat dribbles loading and pushing off of your right foot with each retreat. You'll be looking over your right shoulder as you retreat backwards with your left hand / Mini hop with both feet off the ground to square your shoulders with the opposite baseline / 5th dribble (LH) Change level and cross VERY low to / 6th dribble (RH) between legs / Repeat sequence on the other side / Dribbles 7-12

COMBO'S

Left Hand, Pound Between Back Through

Sequence: 3 Dribble Sequence

Balance: Big Step, Little Step / Feet Wide / Shoulders Over Knees

Modifications: None

GAME SPEED SKILL: 1st Dribble (LH) right foot step between / 2nd dribble (RH) back through

Right Hand, Pound Between Back Through

Sequence: 3 Dribble Sequence

Balance: Big Step, Little Step / Feet Wide / Shoulders Over Knees

Modifications: None

GAME SPEED SKILL: 1st Dribble (RH) left foot step between / 2nd dribble (LH) back through

Pound Between Behind, Cross, Pound Between Behind Alternating

Sequence: 8 Dribble Sequence / Full Court

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications: None

GAME SPEED SKILL: (LH) 1st Dribble pound the basketball straight down / 2nd Dribble pound between legs / 3rd Dribble (RH) pound behind the back with the dribble going under your butt / (LH) 4th Dribble cross to (RH) / 5th dribble (RH) pound the basketball straight down / 6th Dribble (RH) pound between legs / 7th Dribble (LH) pound behind the back with the dribble going under your butt / 8th dribble (RH) Pound and repeat sequence

TENNIS BALL ONLY

Pound Behind, Alternating

Sequence: 4 Dribble Sequence

Balance: Feet Wide / Shoulders Over Knees

Modifications:

- 6 Dribble Sequence
- 8 Dribble Sequence

GAME SPEED SKILL: 1st dribble (RH) pound straight down / 2nd dribble (RH) behind back to / 3rd dribble (LH) pound straight down / 4th dribble (LH) behind back / Repeat sequence

2 Balls, Inside Out Dribble Alternating

Sequence: 2 Dribble Sequence

Balance: Feet Wide / Shoulders Over Knees

Modifications:

- Off The Wall / Keeping Bicep Close To Your Rib Cage / One Dribble Push Off The Wall Continuous / Hand Placement Outside & Inside

GAME SPEED SKILL: 1st dribble (RH) pound straight down / 2nd dribble (RH) between legs to / 3rd dribble (LH) Cross over back to (RH) / Repeat sequence

TENNIS BALL & BASKETBALL

Pound, Cross Underneath Grab, Alternating

Sequence: 4 Dribble Sequence Catching Tennis Ball Twice

Balance: Feet Wide / Shoulders Over Knees

Modifications:

- Pound Basketball & Tennis Ball Together / Cross Underneath Catch / STOP. GATHER.
- Pound Basketball & Tennis Ball Together / Cross Underneath / Let Tennis Ball Bounce Once Before Catch

GAME SPEED SKILL: 1st dribble (RH) basketball (LH) tennis ball / Bounce both balls straight down at the same time / 2nd dribble (RH) basketball cross underneath to left hand / Without letting the tennis ball bounce a second time grab it out of the air with your (RH)

3rd dribble (LH) basketball (RH) tennis ball / Bounce both balls straight down at the same time / 4th dribble (LH) basketball cross underneath to right hand / Without letting the tennis ball bounce a second time grab it out of the air with your (LH)

DROP 'N' DIMES

Two Handed Chest Pass

Two Handed Bounce Pass

One Handed Bounce Pass

Step, Two Handed Bounce Pass

Backdoor Cutter Pass

Post Feed, Bounce Pass

Over The Top Lead Pass In Transition

PIVOT & JAB STEPS

Left Foot/Forward Pivot

Left Foot/Reverse Pivot

Right Foot/Forward Pivot

Right Foot/Reverse Pivot

Left Foot, Forward Jab Step

Left Foot, Side Jab Step

Left Foot, Cross Body Jab Step

Right Foot, Forward Jab Step

Right Foot, Side Jab Step

Right Foot, Cross Body Jab Step

STEP BACK'S

Right Foot, Step Back On Dribble, Jump Shot

Sequence: 2 Dribble Sequence

Balance: Dipping Shoulders / Rotating Hips / Stepping Leg Through Aggressively

Modifications:

- Start In A Split Stance With Your Right Foot Forward And Ball On Your Left Hip / At The Same Time As The Ball Hits The Ground Explode Off Your Right Foot Into Shot
- Foot Work Only

GAME SPEED SKILL: 1st dribble (LH) right foot step / 2nd dribble (LH) dipping right shoulder exploding off of right foot / Dribble and step are together like a mini explosion / Land with the basketball in your shooting pocket and wrist bent ready to shoot

Left Foot, Step Back On Dribble, Jump Shot

Sequence: 2 Dribble Sequence

Balance: Dipping Shoulders / Rotating Hips / Stepping Leg Through Aggressively

Modifications:

- Start In A Split Stance With Your Left Foot Forward And Ball On Your Right Hip / At The Same Time As The Ball Hits The Ground Explode Off Your Left Foot Into Shot
- Foot Work Only

GAME SPEED SKILL: 1st dribble (RH) left foot step / 2nd dribble (RH) dipping left shoulder exploding off of left foot / Dribble and step are together like a mini explosion / Land with the basketball in your shooting pocket and wrist bent ready to shoot

STEP TO THE SIDE

Left Foot/Right Hand Dribble Side Step, Jump Shot

Sequence: 1 Dribble Sequence

Balance: Dipping Shoulders / Rotating Hips / Stepping Leg Through Aggressively

Modifications:

- Dribble / Hop Off Left Foot Landing On Right Foot / Gather The Basketball
- Dribble / Hop Off Right Foot Landing On Left Foot / Gather The Basketball
- Just The Foot Work

GAME SPEED SKILL: 1st dribble (RH) keeping the basketball off of your right hip, dip your left shoulder slightly, load on your left leg / Explode off of your left foot & leg as you pound the ball with your right hand / Make sure your right foot comes up off the ground before you explode off your left foot, land right foot left foot / Gather / Jumper, knock it down

Right Foot/Left Hand Dribble Side Step, Jump Shot

Sequence: 1 Dribble Sequence

Balance: Dipping Shoulders / Rotating Hips / Stepping Leg Through Aggressively

Modifications:

- Dribble / Hop Off Left Foot Landing On Right Foot / Gather The Basketball
- Dribble / Hop Off Right Foot Landing On Left Foot / Gather The Basketball
- Just The Foot Work

GAME SPEED SKILL: 1st dribble (LH) keeping the basketball off of your left hip, dip your right shoulder slightly, load on your right leg / Explode off of your right foot & leg as you pound the ball with your left hand / Make sure your left foot comes up off the ground before you explode off your right foot, land left foot right foot / Gather / Jumper, knock it down

LOCK UP

90 Degrees for 20 Seconds, Ball Out Front, Elbows Locked (Don't Move A Muscle)

Sequence: 20 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications: None

GAME SPEED SKILL: Feet outside your shoulders / Butt in down and back is straight / Elbows are locked out in front of you with the basketball in your hands / Head is up looking forward / BE A STATUE

90 Degrees for 30 Seconds, Ball Out Front, Elbows Locked (Don't Move A Muscle)

Sequence: 30 Seconds / Stamina

Balance: Knee's 90 Degrees / Butt Down / Shoulders Back & Back Straight / LET IT BURN

Modifications: None

GAME SPEED SKILL: Feet outside your shoulders / Butt in down and back is straight / Elbows are locked out in front of you with the basketball in your hands / Head is up looking forward / BE A STATUE

PULL THE TRIGGER

T3 / V6 / R9 Form Shooting W/ Guide Hand

Sequence: 3 Swishes 6 Swishes 9 Swishes

Balance: Feet Shoulder Width Apart / Elbow Underneath Wrist / Shoot With Finger Pads NOT PALM

Modifications: None

GAME SPEED SKILL: Range Appropriate

Left Hand Dribble, Stepping Left/Right Into Jump Shot

Sequence: Toss Into Footwork

Balance: Feet Shoulder Width Apart / Land With Perfect Balance

Modifications: None

GAME SPEED SKILL: Toss basketball out in front of you with a little reverse spin on it / Stepping left/right into your jump shot / Make sure the basketball ball is at chest level and in your shooting pocket with wrist bent back ready to shoot / Get the ball into the air / SOFT TOUCH...

Right Hand Dribble, Stepping Right/Left Into Jump Shot

Sequence: Toss Into Footwork

Balance: Feet Shoulder Width Apart / Land With Perfect Balance

Modifications: None

GAME SPEED SKILL: Toss basketball out in front of you with a little reverse spin on it / Stepping left/right into your jump shot / Make sure the basketball ball is at chest level and in your shooting pocket with wrist bent back ready to shoot / Get the ball into the air / SOFT TOUCH...

Left Hand Pound Dribble, Hop Off Right Foot, Jump Shot

Sequence: 1 Dribble Sequence

Balance: Feet Shoulder Width Apart / Land With Perfect Balance

Modifications: None

GAME SPEED SKILL: 1st dribble (LH) stepping out with right foot mini jump stop landing on 2 feet with basketball ball at chest level and in your shooting pocket with wrist bent back ready to shoot / Soft touch

Right Hand Pound Dribble, Hop Off Left Foot, Jump Shot

Sequence: 1 Dribble Sequence

Balance: Feet Shoulder Width Apart / Land With Perfect Balance

Modifications: None

GAME SPEED SKILL: 1st dribble (RH) stepping out with left foot mini jump stop landing on 2 feet with basketball ball at chest level and in your shooting pocket with wrist bent back ready to shoot / Soft touch

FOOTWORK

Stutter

Sequence: Stutter / Full Court

Balance: Wide Base / Feet Outside Of Shoulders / Stay Low / LET IT BURN

Modifications: None

GAME SPEED SKILL: Quick choppy feet / You should hear your shoes squeaking on the gym floor

Big Step, Little Step

Sequence: Big Step Little Step / Full Court

Balance: Wide Base / Feet Outside Of Shoulders

Modifications: None

GAME SPEED SKILL: Start in a low triple threat stance with your right foot forward / Step out diagonally BIG with your right foot / Secondly, with your left foot take a small LITTLE step forward / Your right foot and left foot will NEVER meet or be parallel with each other /

Punch Drag

Sequence: Rip Punch Drag / Full Court

Balance: Wide Base / Feet Outside Of Shoulders

Modifications: None

GAME SPEED SKILL: Start in triple threat right foot pivot / Rip through stepping your left foot through / then step your right foot through and hard STOP on your right foot keeping your left foot behind you / Now triple threat left foot pivot / Rip through stepping your right foot through / then step your left foot through and hard STOP on your left foot keeping your right foot behind you / Repeat sequence

Load, Explode, Glide, Drag, Plant

Sequence: Load, Explode, Glide, Drag, Plant / Full Court

Balance: Wide Base / Feet Outside Of Shoulders

Modifications: None

GAME SPEED SKILL: Wide triple threat stance without the basketball / Load on your left foot / Explode off of your left foot lifting up your right foot at the same time / Glide out diagonally dragging your left foot / Plant and hard stop of your right foot keeping your left foot behind you / Now load on your right foot / Explode off of your right foot lifting up your left foot at the same time / Glide out diagonally dragging your right foot / Plant and hard stop of your left foot keeping your right foot behind you / Repeat sequence

BALL SCREEN

Under The Screen Read

Sequence: 2 Dribbles Into Ball Screen

Balance: Lowest Athlete Wins / Bring Defender Below The Screen Before Attacking It

Modifications: None

GAME SPEED SKILL: Ability to knock down the shot behind the screen/teammate

Hip Pocket Read

Sequence: 2 Dribbles Into Ball Screen

Balance: Lowest Athlete Wins / Bring Defender Below The Screen Before Attacking It

Modifications: None

GAME SPEED SKILL: Ability to turn the corner staying low and getting DOWNHILL with aggression

Hard Hedge/ Show Read

Sequence: 2 Dribbles Into Ball Screen

Balance: Lowest Athlete Wins / Bring Defender Below The Screen Before Attacking It

Modifications: None

GAME SPEED SKILL: Ability to throw a pocket pass or mini lob over the top to your slipping teammate / Ability to retreat dribble, change direction, secondary attack the screen or reject it altogether