

BLAST HOOPS TRAINER GUIDE (*Varsity*)

9th - 12th Grade Boys / Ball 29.5 / Rim 10ft / Girls / Ball 28.5 / Rim 10ft

SPIN CYCLE

(LH) Pound Hop, Land Left Right, Spin Right, Punch

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**
- **4 Dribbles Pound / Spin / Dribble / Punch / NO DRIBBLE HOP TO START**
- **2 Dribble Gather = Pound Hop / Pound Gather / Tuck Ball Under Left Arm Switching To Right Arm On The Spin**

GAME SPEED SKILL: *Triple threat / (LH) 1st dribble / Right foot step hop / Land left right / (LH) 2nd dribble spin / Pivot on left foot loading and exploding off of right foot / Keeping dribble in left hand coming out of spin / 3rd dribble / Left hand comes off of ball after dribble, bringing right hand to the ball / (RH) 4th dribble / Punch dribble right hand right foot step together..*

(RH) Pound Hop, Land Right Left, Spin Left, Punch

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**
- **4 Dribbles Pound / Spin / Dribble / Punch / NO DRIBBLE HOP TO START**
- **2 Dribble Gather = Pound Hop / Pound Gather / Tuck Ball Under Right Arm Switching To Left Arm On The Spin**

GAME SPEED SKILL: *Triple threat / (RH) 1st dribble / Left foot step hop / Land right left / (RH) 2nd dribble spin / Pivot on right foot loading and exploding off of left foot / Keeping dribble in right hand coming out of spin / 3rd dribble / right hand comes off of ball after dribble, bringing left hand to the ball / (LH) 4th dribble / Punch dribble left hand left foot step together..*

FINISH

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..*

Left Hand Inside Hand Finish

Sequence: 3 Dribbles From Right Wing (Pound / Behind / Pound Advance)

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

Modifications:

- **Footwork Only**
- **1 Dribble, Pound Hop, Land Right - Left, Into Finish**
- **2 Straight Downhill Dribbles From Wing Into Finish**

GAME SPEED SKILL: *Triple Threat / (LH) Rip across body, pound / Angling toward elbow with a right foot step / Mini jump stop with feet wide (Outside your shoulders) Load & Explode off of left foot / (LH) Behind / (RH) Downhill dribble / Gather landing with feet right - left, leaning and dipping left shoulder for a left handed inside finish.*

Right Hand Inside Hand Finish

Sequence: **3 Dribbles From Right Wing (Pound / Behind / Pound Advance)**

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

Modifications:

- **Footwork Only**
- **1 Dribble, Pound Hop, Land Right - Left, Into Finish**
- **2 Straight Downhill Dribbles From Wing Into Finish**

GAME SPEED SKILL: *Triple Threat / (RH) Rip across body, pound / Angling toward elbow with a left foot step / Mini jump stop with feet wide (Outside your shoulders) Load & Explode off of right foot / RH) Behind / (LH) Downhill dribble/ Gather landing with feet left - right, leaning and dipping right shoulder for a right handed inside finish.*

Left Hand Pro Hop (Off 2 Feet)

Sequence: **4 Dribbles / From Top Of The Key (Pound / Between / Pound Downhill / Pound Pro Hop Finish)**

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

Modifications:

- **Footwork Only**
- **1 Left Hand Dribble, Step Out With Pro Hop**
- **2 Straight Downhill Dribbles From Wing Into Finish**

GAME SPEED SKILL: *Triple Threat / (LH) dribble right foot step / Pro hop off of right foot circling the left ear with the basketball / Landing on 2 feet then jumping off 2 feet / Finishing left hand at the rim.*

Right Hand Pro Hop (Off 2 Feet)

Sequence: **4 Dribbles / From Top Of The Key (Pound / Between / Pound Downhill / Pound Pro Hop Finish)**

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

Modifications:

- **Footwork Only**
- **1 Left Hand Dribble, Step Out With Pro Hop**
- **2 Straight Downhill Dribbles From Wing Into Finish**

GAME SPEED SKILL: *Triple Threat / (RH) dribble left foot step / Pro hop off of left foot circling the right ear with the basketball / Landing on 2 feet then jumping off 2 feet / Finishing right hand at the rim.*

Left Hand Euro Step

Sequence: **2 Dribbles From 3 Point Line / Left Foot / Right Foot / Left Hand Finish**

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

Modifications:

- **Footwork Only**
- **NO Dribbles, 2 Steps, Hop Left, Right / Finish Left Hand**
- **1 Dribble Into Euro**

GAME SPEED SKILL: *Triple Threat / (LH) 1st Dribble / Right foot step / 2nd Dribble gather and hop onto left foot / Hop back onto right foot for a left handed euro finish.*

Right Hand Euro Step

Sequence: **2 Dribbles From 3 Point Line / Right Foot / Left Foot / Right Hand Finish**

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

Modifications:

- **Footwork Only**
- **NO Dribbles, 2 Steps, Hop Right, Left / Finish Right Hand**
- **1 Dribble Into Euro**

GAME SPEED SKILL: *Triple Threat / (RH) 1st Dribble / Left foot step / 2nd Dribble gather and hop onto right foot / Hop back onto left foot for a right handed euro finish.*

Left Hand Reverse (Off 2 Feet)

Sequence: 3 Dribbles From 3 Point Line Below Free Throw Line Extended / Pro Hop / Left Hand Finish

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

Modifications:

- **Footwork Only**
- **Toss Basketball To Yourself With Backspin From Above The Left Block. Hop To The Ball Landing On Two Feet, Jump Off Of Two Feet Finishing With A Reverse Left Hand Layup On Right Side Of The Basket.**
- **1 Dribble, Pro Hop Into Left Hand Reverse Finish**

GAME SPEED SKILL: *Triple Threat / (LH) 1st Dribble right foot step / (LH) 2nd Dribble downhill / (LH) 3rd Dribble Pro Hop gather circling left ear / After landing explode back into air off of both feet / Finish with left hand on the right side of the basket.*

Right Hand Reverse (Off 2 Feet)

Sequence: 3 Dribbles From 3 Point Line Below Free Throw Line Extended / Pro Hop / Right Hand Finish

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

Modifications:

- **Footwork Only**
- **Toss Basketball To Yourself With Backspin From Above The Right Block. Hop To The Ball Landing On Two Feet, Jump Off Of Two Feet Finishing With A Reverse Right Hand Layup On Right Side Of The Basket.**
- **1 Dribble, Pro Hop Into Right Hand Reverse Finish**

GAME SPEED SKILL: *Triple Threat / (RH) 1st Dribble left foot step / (RH) 2nd Dribble downhill / (RH) 3rd Dribble Pro Hop gather circling right ear / After landing explode back into air off of both feet / Finish with right hand on the left side of the basket.*

HANDLE'S

Cross, Cross Between Alternating (Stepping Out Diagonally Left & Right)

Sequence: 7 Dribble / 45 Seconds / Stamina

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

Modifications: None

GAME SPEED SKILL: 1st Dribble (LH) Cross to / 2nd Dribble (RH) cross back to left hand / 3rd Dribble (LH) between legs to / 4th Dribble (RH) cross in front to / 5th Dribble (LH) cross to / 6th Dribble (RH) between legs to / 7th Dribble (LH) cross in front back to right hand and repeat sequence

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

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

Left Hand, Right Hand Side Cross (2 Balls)

Sequence: 2 Dribble Sequence / 45 Seconds / Stamina

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

Modifications:

- Continuous Dribble Moving The Basketball's From The Frontside Of Your Body To The Backside Of Your Body. Palm's Start Facing The Back Wall Then End Up Facing The The Front Wall.
- Stand Facing A Wall. With Your Hands On The Side Of Your Body Dribble Ball's Off The Wall Palm's Facing Wall As You Dribble. Catch Dribble Of The Wall And Repeat Sequence.

GAME SPEED SKILL: *Keep both biceps 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 palms facing back wall / Rotate wrists so your palms are facing the front wall / Push dribble on the side of your body back toward the front wall*

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*

3 Dribbles, R/L Hand, Front Cross, Side Cross, Back Through Between Legs

Sequence: 3 Dribble Sequence / 45 Seconds / Stamina

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

Modifications:

- 6/3 Rhythm
- 9/3 Rhythm

GAME SPEED SKILL: Front cross dribble to the outside of your leg / Side dribble with palm facing back wall clearing your body / diagonal dribble back through your legs catching dribble with same hand repeating sequence

Left Hand, Right Hand L Dribble (2 Balls)

Sequence: 2 Dribble Sequence / 45 Seconds / Stamina

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

Modifications:

- Continuous Dribbling Moving Right Hand From Right Knee To The Backside Of Your Body. At The Same Time Move Left Hand Dribbling From Outside Of Left Knee To The Right Knee. Both Hands Chase Each Other But Never Catch Each Other.

GAME SPEED SKILL: *Left hand front cross dribble / Bring front cross across your body from outside your left knee to the edge of your right knee. At the same time right hand side dribble / Bring side cross from the front edge of your right knee to behind your body / SWITCH HANDS TO EXECUTE OTHER SIDE*

L Dribble Alternating

Sequence: 8 Dribble Sequence / 45 Seconds / Stamina

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

Modifications:

- **16 Dribble Sequence Switching Hands And Sides After 8 Dribbles.**

GAME SPEED SKILL: *(RH) 1st dribble / Push dribble out past your right knee / 2nd dribble pull straight back with your palm facing back wall / Rotate wrist with palm facing front of the wall / 3rd dribble push forward past your right knee / 4th dribble, straight front cross over to your left hand and repeat sequence with left hand.*

(LH) 1st dribble / Push dribble out past your left knee / 2nd dribble pull straight back with your palm facing back wall / Rotate wrist with palm facing front of the wall / 3rd dribble push forward past your left knee / 4th dribble, straight front cross over to your right hand and repeat sequence

Pound Between Behind, Catch Second Ball With Off Hand, Pass

Sequence: 4 Dribble Sequence / 30 Reps

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 pound straight back down and (RH) catch and pound dribble straight down before snapping back pass with right hand / Cross with left hand / Repeat Sequence on other side

Pound Between Behind, Catch Second Ball With Off Hand, Pass Back, Cross (Alternating)

Sequence: 4 Dribble Sequence / 30 Reps

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

Modifications:

- 2 Extra Dribbles Before the Pass Back With Off Hand On 6 Count
- Catch With Off Hand / Pass Back Without Dribbling

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 pound straight back down and (RH) catch and pound dribble straight down before snapping back pass with right hand / Cross with left hand / Repeat Sequence on other side*

HANDLE'S ON THE MOVE

Left Hand, Inside Out

Sequence: In Motion

Balance: Feet Outside Your Shoulders / Shoulders Over Your Knees

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

Sequence: In Motion

Balance: Feet Outside Your Shoulders / Shoulders Over Your Knees

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

Punch Drag Alternating

Sequence: In Motion / 5 Dribble Sequence

Balance: Feet Outside Shoulders / Shoulders Over Knees

Modifications:

- **Step Out With One Dribble Right Hand, Right Foot STOP TOGETHER**
- **Step Out With One Dribble Left Hand, Left Foot STOP TOGETHER**

GAME SPEED SKILL: *1st dribble (RH) left foot step / 2nd dribble (RH) right foot step / 3rd dribble cross / 4th dribble (LH) right foot step / 5th dribble (LH) Left foot step*

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*

Left Hand, Pound Between Behind

Sequence: 3 Dribble Sequence

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

Modifications: None

GAME SPEED SKILL: 1st dribble (LH) pound / 2nd dribble (LH) between legs / 3rd dribble (RH) behind back / Repeat sequence

Right Hand, Pound Between Behind

Sequence: 3 Dribble Sequence

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

Modifications: None

GAME SPEED SKILL: 1st dribble (RH) pound / 2nd dribble (RH) between legs / 3rd dribble (LH) behind back / Repeat sequence

TENNIS BALL ONLY

Pound Between Alternating

Sequence: 4 Dribble Sequence

Balance: Feet Wide / Shoulders Over Knees

Modifications:

- 2 Dribbles Before Going Through Legs
- 4 Dribbles Before Going Through Legs

GAME SPEED SKILL: 1st Dribble (RH) straight down / 2nd dribble (RH) between legs / 3rd dribble (LH) straight down / 4th dribble (LH) between legs

Right Hand, Pound Between, Cross

Sequence: 3 Dribble Sequence

Balance: Feet Wide / Shoulders Over Knees

Modifications:

- 4 Dribble Sequence

- **6 Dribble Sequence**

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

Left Hand, Pound Between, Cross

Sequence: 3 Dribble Sequence

Balance: Feet Wide / Shoulders Over Knees

Modifications:

- **4 Dribble Sequence**
- **6 Dribble Sequence**

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

Right Hand Inside Out, Between, Cross

Sequence: 3 Dribble Sequence

Balance: Feet Wide / Shoulders Over Knees

Modifications: None

GAME SPEED SKILL: 1st dribble (RH) inside out / 2nd dribble (RH) between legs / 3rd dribble (LH) cross over / Repeat sequence

Left Hand Inside Out, Between, Cross

Sequence: 3 Dribble Sequence

Balance: Feet Wide / Shoulders Over Knees

Modifications: None

GAME SPEED SKILL: 1st dribble (LH) inside out / 2nd dribble (LH) between legs / 3rd dribble (RH) cross over / Repeat sequence

TENNIS BALL & BASKETBALL

Pound, Between Grab, Alternating

Sequence: 4 Dribble Sequence Catching Tennis Ball Twice

Balance: Feet Wide / Shoulders Over Knees

Modifications:

- Pound Basketball & Tennis Ball Together / Between Legs Catch / STOP. GATHER.
- Pound Basketball & Tennis Ball Together / Between Legs / 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 between legs 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 between legs to right hand / Without letting the tennis ball bounce a second time grab it out of the air with your (LH)

Pound, Behind Grab, Alternating

Sequence: 4 Dribble Sequence Catching Tennis Ball Twice

Balance: Feet Wide / Shoulders Over Knees

Modifications:

- Pound Basketball & Tennis Ball Together / Behind Back Catch / STOP. GATHER.
- Pound Basketball & Tennis Ball Together / Behind Back / 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 behind back 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 behind back to right hand / Without letting the tennis ball bounce a second time grab it out of the air with your (LH)

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

DROP 'N' DIMES

One Handed Chest Pass

Step, One Handed Bounce Pass

Post Entry, Side Step, Strong Hand Pass

Post Entry, Over The Top

Off The Dribble Strong Hand Bounce Pass

Backdoor Cutter Bounce Pass

Strong Hand Thread The Needle

Off Hand Off The Dribble

Strong Hand Off The Dribble

**From Left Wing Left Shoulder To The Baseline, Hit Cutter Underneath
Basket (Right Hand Pass)**

**From Right Wing Right Shoulder To The Baseline, Hit Cutter Underneath
Basket (Left Hand Pass)**

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 45 Seconds, Ball Out Front, Elbows Locked (Don't Move A Muscle)

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 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 60 Seconds, Ball Above Head, Elbows Locked (Don't Move A Muscle)

Sequence: 60 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 with the basketball above your head / Head is up looking forward / KEEP YOUR HEAD UP AND BE A STATUE

90 Degrees for 90 Seconds, Ball Above Head, Elbows Locked (Don't Move A Muscle)

Sequence: 90 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 with the basketball above your head / Head is up looking forward / KEEP YOUR HEAD UP AND BE A STATUE

Defensive Shuffle/Slide Left 1, Right 2, Left 3 Ending With 1 Long Aggressive Shuffle/Slide

Sequence: Full Court / Stamina

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

Modifications:

- 3
- 6

GAME SPEED SKILL: *On the last defensive shuffle EXPLODE ARE HARD AS YOU CAN LUNGING OUT TO STOP YOUR OPPONENTS PROGRESS TO THE BASKET*

Defensive Shuffle/Slide Right 1, Left 2, Right 3 Ending With 1 Long Aggressive Shuffle/Slide

Sequence: Full Court / Stamina

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

Modifications:

- 3
- 6

GAME SPEED SKILL: *On the last defensive shuffle EXPLODE ARE HARD AS YOU CAN LUNGING OUT TO STOP YOUR OPPONENTS PROGRESS TO THE BASKET*

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

Curl Off Pin Down (Curling Right) 2 Feet

Sequence: Mini Hop Onto 2 Feet / Catch & Shoot

Balance: “Bury” Or “Setup” Your Defender Before Curling

Modifications: None

GAME SPEED SKILL: ***Defender Is Chasing Hip Pocket** Set your defender up / DON'T LEAVE SPACE FOR DEFENDER TO SQUEEZE THROUGH Curl off of the pin down screen (Rub Shoulders w/ your teammate / Hop into catch off of 2 feet / Land with great balance / Feet under shoulders / Shot

Curl Off Pin Down (Curling Right) 2 Feet “Mini Fade”

Sequence: Mini Hop Onto 2 Feet / Fade / Catch & Shoot

Balance: “Bury” Or “Setup” Your Defender Before Curling

Modifications: None

GAME SPEED SKILL: *Defender Is Chasing Hip Pocket**** Set your defender up / DON'T LEAVE SPACE FOR DEFENDER TO SQUEEZE THROUGH Curl off of the pin down screen (Rub Shoulders w/ your teammate / Hop into catch off of 2 feet / Land with great balance but mini fade backwards creating more space for yourself / Feet slightly behind shoulders as you land & catch / As you fade focus on the back of the rim and get the basketball into the air

Curl Off Pin Down (Curling Left) 2 Feet

Sequence: Mini Hop Onto 2 Feet / Catch & Shoot

Balance: “Bury” Or “Setup” Your Defender Before Curling

Modifications: None

GAME SPEED SKILL: *Defender Is Chasing Hip Pocket**** Set your defender up / DON'T LEAVE SPACE FOR DEFENDER TO SQUEEZE THROUGH Curl off of the pin down screen (Rub Shoulders w/ your teammate / Hop into catch off of 2 feet / Land with great balance / Feet under shoulders / Shot

Curl Off Pin Down (Curling Left) 2 Feet “Mini Fade”

Sequence: Mini Hop Onto 2 Feet / Fade / Catch & Shoot

Balance: “Bury” Or “Setup” Your Defender Before Curling

Modifications: None

GAME SPEED SKILL: *Defender Is Chasing Hip Pocket**** Set your defender up / DON'T LEAVE SPACE FOR DEFENDER TO SQUEEZE THROUGH Curl off of the pin down screen (Rub Shoulders w/ your teammate / Hop into catch off of 2 feet / Land with great balance but mini fade backwards creating more space for yourself / Feet slightly behind shoulders as you land & catch / As you fade focus on the back of the rim and get the basketball into the air

Flare Off Pin Down

Sequence: Flare / Catch & Shoot

Balance: “Bury” Or “Setup” Your Defender Before Curling

Modifications: None

GAME SPEED SKILL: ***Defender Gets Caught Under Screen** *Set your defender up / DON'T LEAVE SPACE FOR DEFENDER TO SQUEEZE THROUGH Curl / Recognize if your defender gets caught going under the screen use your teammates screen and flare putting yourself in between your screen and your defender. Recognize and make your reads QUICKLY*

FOOTWORK

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

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

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

