

BLAST HOOPS TRAINER GUIDE (*Recruit*)

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

SPIN CYCLE

Pound Hop, Behind Back, 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 / (RH) 1st dribble / Left foot step hop / (LH) 2nd dribble land left right as you go behind back / Right foot reverse pivot spin into 3rd dribble / (RH) 4th dribble / Take left hand off the ball and bring right hand to it for punch dribble / Right hand right foot together

Pound Hop, Behind Back, 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

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GAME SPEED SKILL: *Triple threat / (LH) 1st dribble / Right foot step hop / (LH) 2nd dribble land right left as you go behind back / Left foot reverse pivot spin into 3rd dribble / (RH) 4th dribble / Take right hand off the ball and bring left hand to it for punch dribble / Left hand left foot together*

Pound Hop, Between Legs, 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**
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- **2 Dribble Gather = Pound Hop / Pound Gather / Tuck Ball Under Left Arm Switching To Right Arm On The Spin**

GAME SPEED SKILL: Triple threat / (RH) 1st dribble / Left foot step hop / (LH) 2nd dribble land left right as you go between legs / Right foot reverse pivot spin into 3rd dribble / (RH) 4th dribble / Take left hand off the ball and bring right hand to it for punch dribble / Right hand right foot together

Pound Hop, Between Legs, 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

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- **Footwork Only**
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- **2 Dribble Gather = Pound Hop / Pound Gather / Tuck Ball Under Right Arm Switching To Left Arm On The Spin**

GAME SPEED SKILL: Triple threat / (LH) 1st dribble / Right foot step hop / (LH) 2nd dribble land right left as you go between legs / Left foot reverse pivot spin into 3rd dribble / (RH) 4th dribble / Take right hand off the ball and bring left hand to it for punch dribble / Left hand left foot together

Pound Hop, Half Spin/Reverse Pivot Left, Forward Pivot, 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 / Pivot,Spin / Pivot,Spin Back / Punch / NO DRIBBLE HOP TO START**
- **2 Dribble Gather = Pound Hop / Pound Gather / Tuck Ball Under Right Arm On The Spin**

GAME SPEED SKILL: *Triple threat / (RH) 1st dribble / Left foot step hop / (RH) 2nd dribble land left right / Left foot reverse pivot spin into 3rd dribble / (RH) 4th dribble / Forward pivot, spin into punch dribble / Right hand right foot together*

Pound Hop, Half Spin/Reverse Pivot Right, Forward Pivot, 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 / Pivot,Spin / Pivot,Spin Back / Punch / NO DRIBBLE HOP TO START**
- **2 Dribble Gather = Pound Hop / Pound Gather / Tuck Ball Under Left Arm On The Spin**

GAME SPEED SKILL: *Triple threat / (LH) 1st dribble / Right foot step hop / (LH) 2nd dribble land right left / Right foot reverse pivot spin into 3rd dribble / (LH) 4th dribble / Forward pivot, spin into punch dribble / Left hand left foot together*

Pound Hop, Half Spin/Reverse Pivot, Shimmy, Change Hands, Explode 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 = Pound / Pound, Half Spin Reverse Pivot / Shimmy / Punch / NO DRIBBLE HOP TO START**
- **3 Dribble Punch = Pound / Half Spin Reverse Pivot Shimmy / Punch / NO DRIBBLE HOP TO START**

GAME SPEED SKILL: Triple Threat / (RH) 1st dribble / Left foot hop / Land left right / (RH) 2nd dribble half spin, reverse pivot off of left foot exploding off of right foot / (RH) 3 dribble / Back is completely to defender with the dribble splitting the center of your frame / With both hands off the ball shimmy right shoulder to your right, then shimmy your left shoulder to your left, then EXPLODE back to your right ripping the ball into a punch dribble with your left hand. **Pound Hop, Half Spin/Reverse Pivot, Shimmy, Change Hands, Explode 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 = Pound / Pound, Half Spin Reverse Pivot / Shimmy / Punch / NO DRIBBLE HOP TO START**
- **3 Dribble Punch = Pound / Half Spin Reverse Pivot Shimmy / Punch / NO DRIBBLE HOP TO START**

GAME SPEED SKILL: Triple Threat / (LH) 1st dribble / Right foot hop / Land right left / (LH) 2nd dribble half spin, reverse pivot off of right foot exploding off of left foot / (LH) 3 dribble / Back is completely to defender with the dribble splitting the center of your frame / With both hands off the ball shimmy left shoulder to your left, then shimmy your right shoulder to your right, then EXPLODE back to your left ripping the ball into a punch dribble with your right hand.

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 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 Outside Foot Plant (Off 2 Feet)

Sequence: 3 Dribbles From 3 Point Line Left Elbow Extended / Pro Hop / Outside Foot Plant / 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 Left Elbow. Hop To The Ball Landing Left, Right Exploding Off Of Left/Right Foot For Left Hand Finish.**
- **1 Dribble Into Left Hand Finish**

GAME SPEED SKILL: Triple Threat / (RH) 1st Dribble left foot step / (RH) 2nd dribble downhill / 3rd dribble (RH) Pro hop gather circling right ear with the basketball / Land left foot, right foot / Jump off 2 feet with left exploding a split second before right foot / Finish left hand.

Right Hand Outside Foot Plant (Off 2 Feet)

Sequence: 3 Dribbles From 3 Point Line Right Elbow Extended / Pro Hop / Outside Foot Plant / 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 Right Elbow. Hop To The Ball Landing Right, Left Exploding Off Of Right/Left Foot For Right Hand Finish.**
- **1 Dribble Into Right Hand Finish**

GAME SPEED SKILL: Triple Threat / (LH) 1st Dribble Right foot step / (LH) 2nd dribble downhill / 3rd dribble (LH) Pro hop gather circling left ear with the basketball / Land right foot, left foot / Jump off 2 feet with right exploding a split second before left foot / Finish right hand.

HANDLE'S

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*

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 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

Right Hand, Between Cross Back (Stepping 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 (Stepping 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

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

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*

Pound Between, Wrap Right Hand (Footwork)

Sequence: In Motion

Balance: Feet Outside Shoulders / Shoulders Over Knees

Modifications:

- **Stationary / Right Hand Pound / Wrap Right 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 Between, Wrap Left Hand (Footwork)

Sequence: In Motion

Balance: Feet Outside Shoulders / Shoulders Over Knees

Modifications:

- Stationary / Left Hand Pound / Left Hand Wrap

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

Drop Cross, Stepping Right & Left

Sequence: In Motion

Balance: Feet Outside Your Shoulders / Shoulders Over Your Knees

Modifications:

- Stationary
- One Dribble Into Drop Cross

GAME SPEED SKILL: 1st dribble (RH) cross to your (LH) as you step out diagonally with your right foot / 2nd dribble (LH) Explode off of your right foot pushing **HARD** to the left / Get down hill / Repeat sequence on other side

Underdrag Alternating

Sequence: In Motion / 4 Dribble Sequence

Balance: Feet Outside Shoulders / Shoulders Over Knees

Modifications: None

GAME SPEED SKILL: *1st dribble (RH) left foot step / 2nd dribble (RH) Drag dribble underneath right leg / 3rd dribble (LH) right foot step / 4th dribble (LH) Drag dribble underneath left leg*

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 Cross, Cross, Through/Back Through

Sequence: 4 Dribble Sequence

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

Modifications: None

GAME SPEED SKILL: *1st Dribble (LH) cross to right hand / 2nd Dribble (RH) cross back to left / 3rd Dribble (LH) between legs / 4th Dribble (RH) back through*

Right Hand Cross, Cross, Through/Back Through

Sequence: 4 Dribble Sequence

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

Modifications: None

GAME SPEED SKILL: *1st Dribble (RH) cross to left hand / 2nd Dribble (LH) cross back to right / 3rd Dribble (RH) between legs / 4th Dribble (LH) back through*

Between Back Through, Cross, Between Back Through, Cross

Sequence: 5 Dribble Sequence

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

Modifications: None

GAME SPEED SKILL: *1st Dribble (RH) between legs / 2nd Dribble (LH) back through to / 3rd Dribble (RH) Cross to / (LH) / 4th Dribble between legs / 5th Dribble (RH) back through to (LH) / Repeat sequence*

Inside Out, Between Behind, Back Behind, Punch Dribble, Alternating

Sequence: 9 Dribble Sequence

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

Modifications: None

GAME SPEED SKILL: *1st Dribble (RH) inside out / 2nd dribble (RH) between legs / 3rd dribble (LH) behind back / 4th dribble (RH) punch drag right foot right hand together / 5th dribble (RH) cross to (LH) / 6th dribble (LH) inside out dribble / 7th dribble (LH) between / 8th dribble (RH) behind back / 9th dribble punch drag left foot left hand together*

TENNIS BALL

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*

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*

TENNIS BALL & BASKETBALL

Pound, Between/Behind Grab, Pound Cross, Alternating

Sequence: 10 Dribble Sequence Catching Tennis Ball Twice

Balance: Feet Wide / Shoulders Over Knees

Modifications: None

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 / 3rd dribble (LH) behind back / Without letting the tennis ball bounce a second time grab it out of the air with your left hand / 4th dribble (RH) basketball & (LH) tennis ball together, pound cross underneath / Repeat sequence on the other side / Dribbles 5-10

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

Left Hand/Right Foot Step, Cross, Right Hand/Left Foot Step, Cross

Sequence: 4 Dribble

Balance: Wide Base / Changing Levels & Speed

Modifications: None

GAME SPEED SKILL: *1st Dribble (LH) basketball and foot hit the ground at the same time...right foot step rotating right hip through across body aggressively / 2nd dribble (LH) hang/float dribble as you mini hop both feet back under shoulders square to the basket while changing level LOW for cross to / 3rd Dribble (RH) basketball and foot hit the ground at the same time...left foot step rotating left hip through across body aggressively / 4th dribble (RH) hang/float dribble as you mini hop both feet back under shoulders square to the basket while changing level LOW for cross to / Repeat sequence*

DROP 'N' DIMES

Post Entry, Side Step, Off Hand Pass

Post Entry, Over The Top

Off The Dribble Off Hand Bounce Pass

Off Hand Thread The Needle

Off Hand, Pound Behind, Back Pass

Strong Hand, Pound Behind, Back Pass

Pocket Pass On Ball Screen

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*

Right Foot, Step Back On Gather, 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 / Dribble, Push Basketball Out To the Left Side Of Your Hip / Explode Off Of Right Foot For Jump Shot**
- **Foot Work Only**

GAME SPEED SKILL: *1st dribble (LH) / 2nd dribble (LH) pushing dribble out away from your left hip dipping right shoulder exploding off of right foot / / Land with the basketball in your shooting pocket and wrist bent ready to shoot*

Left Foot, Step Back On Gather, 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 / Dribble, Push Basketball Out Away From Your Right Hip / Explode Off Of Left Foot For Jump Shot**
- **Foot Work Only**

GAME SPEED SKILL: *1st dribble (RH) / 2nd dribble (RH) pushing dribble out away from your right hip dipping left shoulder exploding off of left foot / Land with the basketball in your shooting pocket and wrist bent ready to shoot*

Right Foot Step Back, Keep Dribble/Cross, Left Foot Step Back, Jump Shot

Sequence: 3 Dribble Sequence

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

Modifications:

GAME SPEED SKILL: *1st dribble (LH) right foot step / 2nd dribble (LH) crossover to your right hand, as soon as the ball crosses over you rotate your hips and step your left leg through aggressively / 3rd 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*

Left Foot Step Back, Keep Dribble/Cross, Right Foot Step Back, Jump Shot

Sequence: 3 Dribble Sequence

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

Modifications:

GAME SPEED SKILL: 1st dribble (RH) left foot step / 2nd dribble (RH) crossover to your left hand, as soon as the ball crosses over you rotate your hips and step your right leg through aggressively / 3rd 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

STEP TO THE SIDE

Left Foot/Right Hand Dribble Side Step, Cross, Right Foot/Left Hand Dribble Side Step, Cross

Sequence: 6 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 / 2nd dribble (RH) pound / 3rd dribble (RH) cross over / 4th 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 / 5th dribble (LH) pound / 6th dribble (LH) cross over / Repeat sequence

Left Hand Dribble/Cross, Side Step Off Left Foot, Jump Shot

Sequence: 3 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 / 2nd dribble (LH) crossover / 3rd 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 Hand Dribble/Cross, Side Step Off Right Foot, Jump Shot

Sequence: 3 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 / 2nd dribble (RH) crossover / 3rd 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 right 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

Left Hand Dribble/ Cross, Side Step Keep Dribble, One More Hard

Sequence: 4 Dribble Sequence

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

Modifications:

- **2 Side Steps Back To Back**
- **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 / 2nd dribble (LH) cross over / 3rd 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 / 4th dribble (RH) 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 Hand Dribble/ Cross, Side Step Keep Dribble, One More Hard

Sequence: 4 Dribble Sequence

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

Modifications:

- **2 Side Steps Back To Back**
- **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 / 2nd dribble (RH) crossover / 3rd 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 / 4th dribble (LH) 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

Aggressive Right Hand Dribble Side Step, Cross (Alternating) Jump Shot

Sequence: 4 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 / 2nd dribble (RH) crossover / 3rd dribble (LH) keeping the basketball off of your left hip, dip your right shoulder slightly, load on your right leg / 4th dribble (LH) 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 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) Sidestep

Sequence: Sidestep / 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 / Sidestep footwork into the catch...Exploding off of your left foot catching the ball while landing Right,Left / Land with great balance / Feet under shoulders / Shot*

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

Sequence: Sidestep / 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 / Sidestep footwork into the catch...Exploding off of your left foot catching the ball while landing Right,Left / 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) Sidestep

Sequence: Sidestep / 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 / Sidestep footwork into the catch...Exploding off of your right foot catching the ball while landing left,right / Land with great balance / Feet under shoulders / Shot

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

Sequence: Sidestep / 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 / Sidestep footwork into the catch...Exploding off of your right foot catching the ball while landing left,right / 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

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

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*

