

# 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 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 your 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*