

Hot moves

06-14-2007

- * Wing position
 - One bounce
 - Between
 - Behind
 - Crossover

- * Pivot and explode outside

- * Fake out and go inside
 - Big step
 - Step around

- * Pass shot fake
 - Pull through
 - Side step
 - Drop step
 - Step around
 - Step back

Warm up 06-14-2007

Warm up routine

- * Ladder drills

New moves

- * Turn score (no rim) inside block
- * Reverse lay up
- * Lane Jumper
- * Reverse fake and jumper
- * Reverse fake and attack
- * Step through

Chairs

- * Pull through
- * Drop step
- * Step around
- * Spin between

Stretch and warm up drills 06-14-2007

Ball handling

5 spot positions drill

Use me drill

Defense (Miki)

Shot fakes

One on one play

Noah's ark

Pylon drills

Partner drills

Set up