

Summer Workout #2 - Finishing Moves

One Ball Drills starting with self-toss into Jab-Step from each wing

#	Drill	# of reps
1	<p>Euro-Step (7:54 of video)</p> <ul style="list-style-type: none"> - Short hard misdirection step followed with a long slow change of direction step across. . 	4 each wing starting with a self-toss as shown in the video
2	<p>Pro-Hop (9:16)</p> <ul style="list-style-type: none"> - Long Cross Body Jump stop 	4 from each wing
3	<p>Pull-Up Jump Shots (11:38)</p> <ul style="list-style-type: none"> - Plant inside foot hard like shown in the video and elevate into a pull-up jump shot. 	4 from each wing
4	<p>Inside Hand Finish (13:58)</p> <ul style="list-style-type: none"> - Quick finish to avoid shot block off of only 1 step. 	4 from each wing
5	<p>Rondo Finish (16:59)</p> <ul style="list-style-type: none"> - Fake inside hand finish into turnaround jump-shot. 	4 from each wing
6	<p>Rondo Step Though (19:44)</p> <ul style="list-style-type: none"> - Fake inside hand finish into turnaround jump-shot fake. Step back through and score. 	2 from each wing
7	<p>Floaters (21:12)</p> <ul style="list-style-type: none"> - One foot brake floaters off of the backboard. 	4 from each wing
8	<p>Hook Lay-Ups (24:06)</p> <ul style="list-style-type: none"> - Across the lane, Jump hook lay-ups. 	4 from each wing