

Summer Workout #3 - Jab & Attack Series

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

#	Drill	# of reps
1	<p>Jab & Go (2:00 of video)</p> <ul style="list-style-type: none"> - Catch the ball off of a self-toss coming up from the corner to the wing. Catch with an aggressive 1-2 face the hoop action getting the inside foot down first. Explode the rim immediately with a long-step on your inside jab foot. Finish with a reverse lay-up on opposite side of the basket. 	<p>8 each wing starting with a self-toss Moving from corner up to the wing...</p>
2	<p>Jab & Rip (2:15)</p> <ul style="list-style-type: none"> - Catch the ball off of a self-toss coming up from the corner to the wing. Catch with an aggressive 1-2 face the hoop action getting the inside foot down first. Jab follow by a long cross-over step into a pull-up jump-shot. 	<p>8 each wing starting with a self-toss Moving from corner up to the wing...</p>
3	<p>Jab & Jumper (2:40)</p> <ul style="list-style-type: none"> - Catch the ball off of a backspin self-toss coming up from the corner to the wing. Catch with an aggressive 1-2 face the hoop action getting the inside foot down first. Jab & hard & long fake a drive then recover and shoot the 3 pt. shot.. 	<p>6 each wing starting with a self-toss Moving from corner up to the wing...</p>
4	<p>Crowded Catch into Reverse Pivot (4:10)</p> <ul style="list-style-type: none"> - Catch the ball off of a backspin self-toss coming up from the corner to the wing. Catch with an aggressive 1-2 face the hoop action getting the inside foot down first. Act like your defender over crowds the jab as seen in the video. Reverse Pivot one dribble to the rim. Finish off of 2 ft. with a power lay-up. 	<p>6 each wing starting with a self-toss Moving from corner up to the wing...</p>