

Summer Workout #4 - Moves off of the dribble

One Ball Drills starting with dribble from 15 ft. behind 3 pt. line.

#	Drill	# of reps
1	<p>Stop & Go (0:05 of video)</p> <ul style="list-style-type: none"> - Dribble to 3 pt. Line from 10-15 ft. back. Execute Stop & Go hesitation move slowly to a stop and peak at the rim, then explode the rim. - Finish = one footed lay-up 	<p>4 from each wing starting 10-15 ft. behind the 3 pt. line on the dribble</p>
2	<p>Crossover into a Pocket dribble (3:28)</p> <ul style="list-style-type: none"> - Dribble to 3 pt. Line from 10-15 ft. back. Execute Crossover into a hesitation dribble with opposite hand...then explode across the lane into a lay-up - Finish = reverse lay-up on other side of the rim 	<p>3 each wing starting 10-15 ft. behind the 3 pt. line on the dribble</p>
3	<p>In & Out Dribble (4:34)</p> <ul style="list-style-type: none"> - Dribble to 3 pt. Line from 10-15 ft. back. Execute an in & out dribble into a pull-up jump shot - Finish = Pull-Up jumpshot from 10-15 ft. 	<p>5 each wing starting 10-15 ft. behind the 3 pt. line on the dribble</p>
4	<p>Behind the Back (4:34)</p> <ul style="list-style-type: none"> - Dribble to 3 pt. Line from 10-15 ft. back. Execute behind the back dribble into a floater or one footed runner. - Finish = One footed floater off of one foot @ 10-15 ft. 	<p>3 each wing starting 10-15 ft. behind the 3 pt. line on the dribble</p>
5	<p>Between the Legs (7:09)</p> <ul style="list-style-type: none"> - Dribble to 3 pt. Line from 10-15 ft. back. Execute an between the legs dribble into a pull-up jump shot from elbow - Finish = Pull-Up jumpshot from elbow 	<p>3 each wing starting 10-15 ft. behind the 3 pt. line on the dribble</p>
6	<p>Spin Move into Jumpshot (10:27)</p> <ul style="list-style-type: none"> - Dribble to 3 pt. Line from 10-15 ft. back. Execute spin move, with leg whip, into a jumpshot - Finish = Jumpshot 	<p>5 each wing starting 10-15 ft. behind the 3 pt. line on the dribble</p>
7	<p>Combo Moves (11:20)</p> <ul style="list-style-type: none"> - Dribble to 3 pt. Line from 10-15 ft. back. Execute a combo move of your choice. Example: Behind the back into a crossover, Double Crossover, Stop & Go then Crossover on next dribble, Between the Legs Crossover, etc... - Finish = Your Choice 	<p>2 different combos 3 each combo starting 10-15 ft. behind the 3 pt. line on the dribble</p>