

# Summer Workout #5 - Downhill Catch & Attack

## Ball is the air....you are in the air landing on a 1-2 catch

### One Ball Drills starting with self-toss & a 1-2 downhill catch out of the air

#	Drill	# of reps
1	<b>1-2 Catch &amp; Shoot (1:18 on video)</b> <ul style="list-style-type: none"><li>- Toss ball in front of yourself with back-spin...land with a 1-2 catch (left-right rhythm catch for right handers). Rise up smoothly into your<ul style="list-style-type: none"><li>- 15 ft. shot for ages 10 &amp; under</li><li>- 3 Pt. shot for 11 &amp; older shot.</li></ul></li></ul>	<b>4 from right wing 4 from top of the Key 4 from left wing</b>
2	<b>1-2 Catch (shot fake with eyes) &amp; drive (2:00)</b> <ul style="list-style-type: none"><li>- Toss ball in front of yourself with back-spin...land with a 1-2 catch (left-right rhythm catch for right handers). Explode to the rim with your strong hand.<ul style="list-style-type: none"><li>- Finish - One foot extended lay-up jumping from block</li></ul></li></ul>	<b>4 from right wing 4 from top of the Key 4 from left wing</b>
3	<b>1-2 Catch (shot fake with eyes) &amp; Crossover drive (3:05)</b> <ul style="list-style-type: none"><li>- Toss ball in front of yourself with back-spin...land with a 1-2 catch (left-right rhythm catch for right handers). Explode to the rim using a long crossover step dribble with your weak hand.<ul style="list-style-type: none"><li>- Finish - Reverse lay-up or Pull-up shot...your choice</li></ul></li></ul>	<b>4 from right wing 4 from top of the Key 4 from left wing</b>