

Lesson 3

Workout Breakdown

- Daily Form Shooting

- Must do everyday before he starts practicing. Creating a Daily Habit and focusing on the small details and shooting the right way all the time.

-Dribble Attack Jab step

- Focusing on a hard jab step
 - Make it look like you are going one way, when you are going the other way
- Explode into a Lay Up
- Explode into a One Dribble Pull Up
 - Going to the Right (Left/Right Footwork)
 - Going to the Left (Right/Left Footwork)

-Hand swipe technique

- You have to be physical when you attack the basket
- The lower you are the stronger you will be
- With the hand that doesn't have the ball, look to swipe the defender's hand out the way so you can create your lane to the basket

-Crossover Breakdown

- Step forward and crossover towards your back leg

-Crossover attack finishes

- To the Left and the Right

Homework-

Form Shooting

- **3 makes in a Row**, at all five spots

-Dribble Attack Jab step

- Focusing on a hard jab step
 - Make it look like you are going one way, when you are going the other way
- Explode into a Lay Up
 - Make 10 Left Hand Lay ups (Left/Right Footwork)
 - Make 10 Right Hand Lay ups (Right/Left Footwork)
- Explode into a One Dribble Pull Up
 - Going to the Right (Left/Right Footwork)
 - Make 10

- Going to the Left (Right/Left Footwork)
 - Make 10

-Crossover into Pull Up

- To the Left and the Right
 - Make 10 to the Left
 - Make 10 to the Right