



**Day's Focuses:** Shooting off the dribble

**Thought of the Day:** "A diamond is just a piece of charcoal that handled stress really well."

**1. Stepping into Ball**

- a. Inside foot then Outside Foot blasting to the ball
- b. Squaring up to the basket each time.

**2. Pull Up Jumper Footwork**

- a. Pound Dribble, quick 1-2 Step.
- b. Inside then Outside Foot

**3. Pull Up Jumper at Basket**

- a. One Dribble
  - i. 6 Lines
  - ii. Right: Pound Dribble, Left Foot, Right Foot
  - iii. Left: Pound Dribble, Right Foot, Left Foot
- b. Light Dribble in From Beyond Arc

**4. Step Back Jumper Footwork**

- a. Cross step to step Back
  - i. Going Right
  - ii. Going Left

**5. Step Back Jumper**

- a. Light Dribble in From Beyond Arc
  - i. Going Right: Step back on left land on two feet
  - ii. Going Left: Step back on right foot land on two or left-right.

**6. Step-Back Counter Series**

- a. Step Back to Sweep Crossover
  - i. Keeping a live dribble after you step back, faking a shot, to a sweep crossover low and under defenders hands.

**7. 4 Corner Passing**

- a. Rip to middle cone, kick to outside cone.

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