50 Line shots Straight, Inside foot left, inside foot right, Left step back, right step back.

**Finger, Elbow, Shoulder, Hip down the target line**.

**Wootens**: 5 times in each direction- Ball wraps around Head, waist, both legs, right, left, figure 8, single switches, double switches, High Thigh, Combo, Ladders, and Alt. Ladders.

Time: Goal:

**Dribbling:** Right hand Front to back, side to side, Left hand front to back, side to side. 5 times each direction: 4 dribbles around left, around right, Fig.8, 2 dribbles around left, then right. Spider 50 touches

Time: Goal:

Quick Quicks: Right and Left hands XX, X Between, X, Behind, Between X, Between Between, Between Behind, Behind X, Behind Between, Behind Behind, 10 X, Between Behind.

Time: Goal:

**Mikan Cut:** Attacking the ball and the basket with the foot closest driving off the back foot, winning and owning position at the front of the rim, to the basket when receiving the ball to finish. This makes that foot the pivot and will allow for various moves. Passing is a HOOK pass right and Left hands.

**V- Lay ups**- To explode toward the basket with a first step that wins and allow for ownership of the front of the rim. Keep the ball to the outside. Learning to pivot and face off the dribble and driving off the back foot reaching with the front foot (LONG) to short owning position at the front of the rim finishes.

Time:30 secs. Goal:6-7

**Lead steps:** Catch and face on outside foot, jab to cross step back to lead step. Drive off of back foot reaching as far as possible with Lead foot to win position and own position toward the front of the rim.

Time: 30 secs. Goal 8-10

Line shooting inside foot down outside foot around finishing with the four points down the target line.