

Attack Moves Workout #1 – Jab Series

Warm-up: to half court and back or sideline to sideline

Up and backs x 2 – up R back L

Cross over – every dribble, every other dribble

1 hand crossover - up right, back left hand

In and out dribble – every dribble, every other dribble

In and out crossover – x 2

Between the legs – every dribble, every other dribble

In and out between the legs – x 2

Jab Series from 10 – 15 feet: all done with spinning the ball out and **reverse pivot!**

Jab and go – jab step, slight hesitation, ball to outside lead knee, explode low and passed your defender.

X 5 makes each leg – lay-up

X 5 makes each leg – 1-2 dribble pull up

X 5 step back jumper

X 5 step back hesitation and go for lay-up

Jab and cross – jab step, cross your lead foot over, rip ball from outside knee to outside opposite hip, explode low and passed your defender.

X 5 makes each leg

X 5 makes each leg – 1-2 dribble pull up

X 5 step back jumper

X 5 step back hesitation and go for lay-up

Long jab and jumper – longer and slower than normal jab step, bring foot back, elevate for jumper

X 10 makes from 2 different spots on the floor

Short jab and jumper – short hard jab, elevate for jumper.

(This jab is only done with lead foot when shooting since you do not bring your foot back after jab step)

X 10 makes from 2 different spots on the floor

Rocker Step jab – jab step, cross ball to opposite hip (as if you were going to cross), then bring ball back to strong side, explode low and passed your defender.

X 5 makes each leg

X 5 makes each leg – 1-2 dribble pull up

X 5 step back jumper

X 5 step back hesitation and go for lay-up

Result: 100 made shots