



@tylerrelph10 @hoopdynamic

1. Pocket Dribble

Left Hand - 50

Right Hand - 50

2. Inverted Drag Step

Left Hand - 20

Right Hand - 20

3. Inverted Drag Lift Exchange to Speed Stop

15 Rep Each Way

4. 1-2- 3 From Shooting

Make 15 Off Back Board - Right Side

Make 15 Middle

Make 15 Off Back Board - Left Side

5. Inverted Drag Shot

Middle

Right Hand - Make 8

Left Hand - Make 8

Left Side

Right Hand - Make 8

Left Hand - Make 8

Right Side - Make 8

Left Side - Make 8

6. Body Jab (Anywhere on court)

Make 15 Going Right

Make 15 Going Left

7. Lift or Shake

Right Side and Left Side

2 Sets - Make 10 Each Set (40 Total MakeS0