

Hoop Dynamic

Workout 6

1. Veer Finishes

Left Side - 10 Finishes

Right Side - 10 Finishes

2. Drop Partial Speed Stop Cross

Left Side - 6 Finishes

Right Side - 6 Finishes

3. Inverted Bound Cross Pull Up

Right Hand - Make 10

Left Hand - Make 10

4. Inverted Bound Exchange Speed Stop

Right Hand - Make 5

Left Hand - Make 5

5. Inverted Bound

Right Hand - Make 5

Left Hand Make 5

6. Snake and Heavy Step Options (Ball Screen)

Left Slot - 5 Reps

Right Slot - 5 Reps

7. Out of Zone Catches (If No Rebound - Bounce ball and work on snatching it into your pocket)

Right Corner

Right Wing

Middle

Left Wing

Left Corner

Make 10 From Each Spot - 15ft

Make 10 From Each Spot - 3s