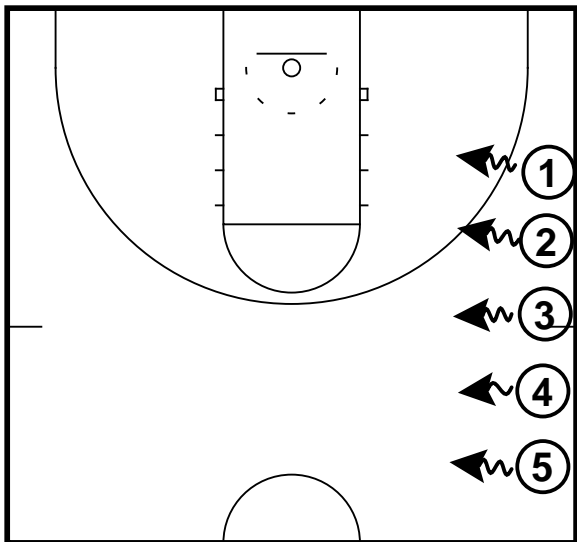


Bethel

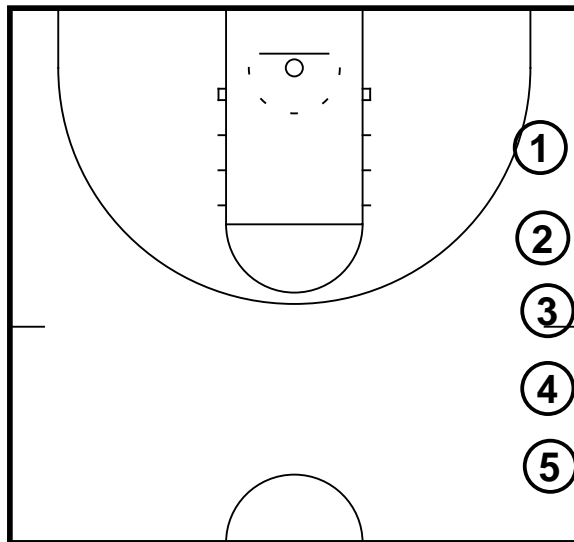
Sideline series

Frame 1



- Walking pound
- Count down pounds
- Perfect catch
- Circle right pause/ Quick read
- Slice left pause/ Quick read
- Partner passing

Frame 2

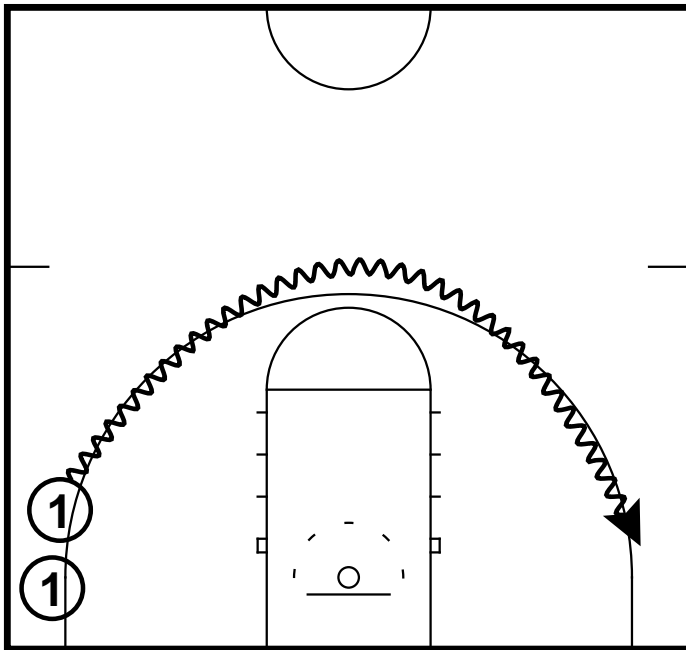


- Backward skips between legs
- Walking swing (in and out)
- Between legs push (Walking)
- Push cross
- Behind ankles
- Between legs cross
- Between legs spin
- Dribble jab

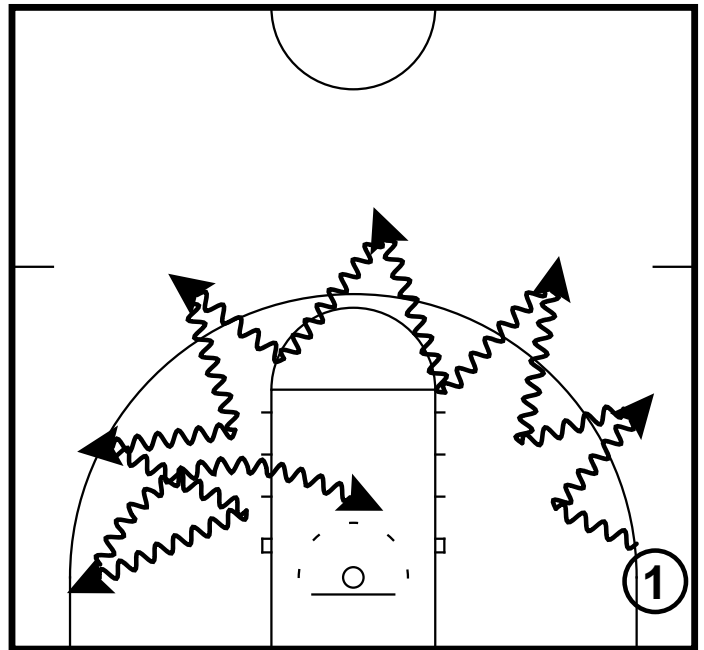
Bethel

Arc

Frame 1



Frame 2

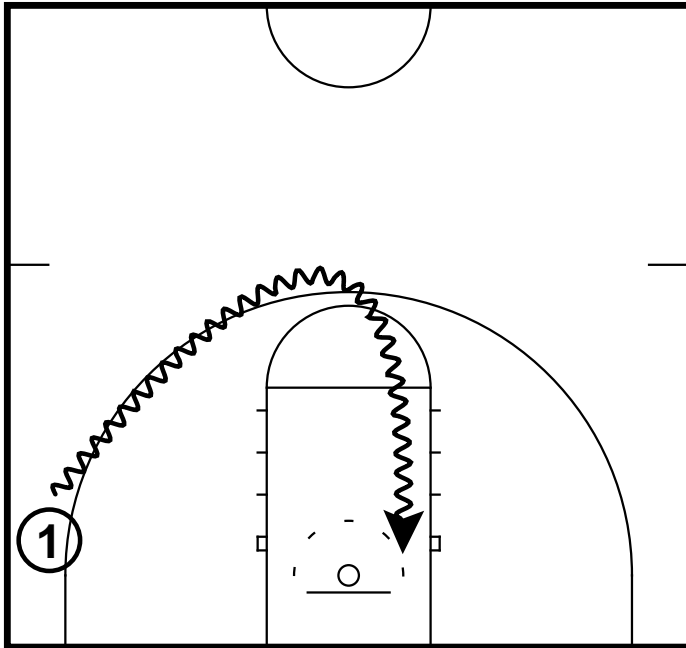


- Control
- Control to go
- Speed dribble around the arc
- 3 speed, 1 back (Hesitation)
- Fake spin
- Also, partner up and run the hip

Bethel

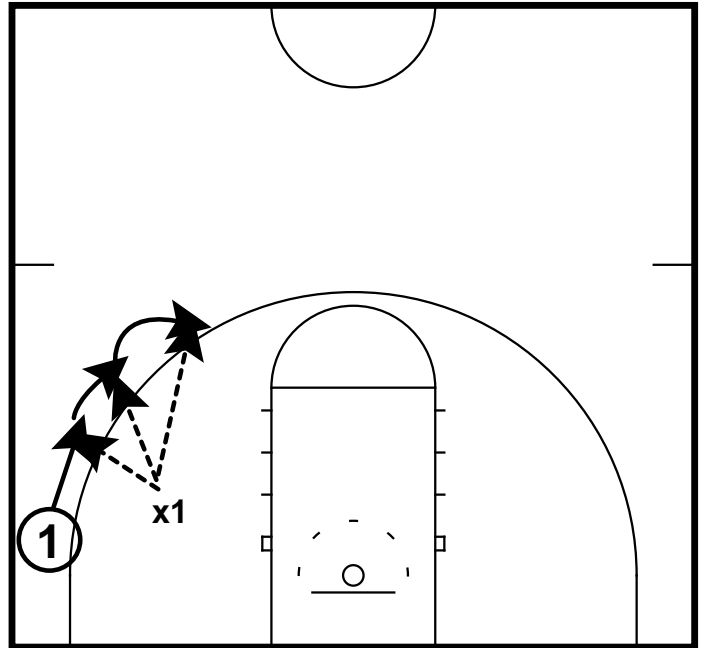
Arc

Frame 3



Turn corner/ hesitation
Change direction

Frame 4



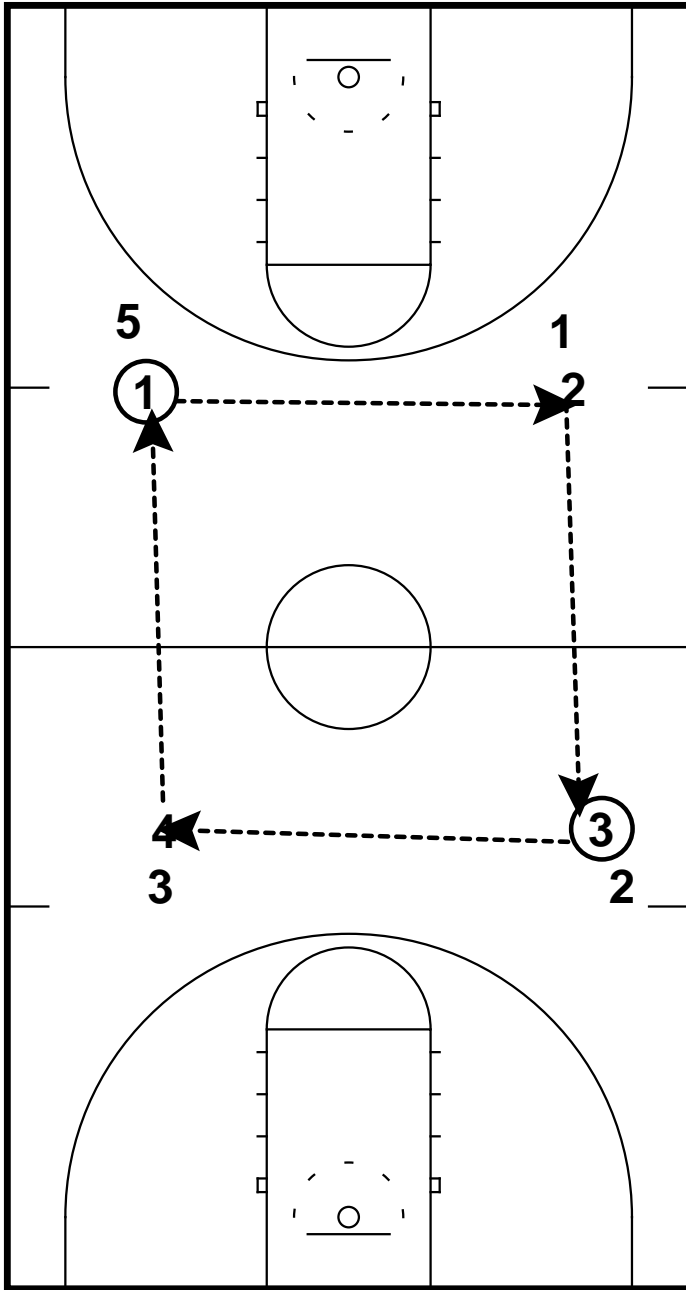
Perfect catch/ perfect closeout

No shot, just working feet around the arc (snap and pull)
Defense close out and contest shot...winkle wrist
Add circle right...3 pounds
Slice left....3 pounds

Bethel

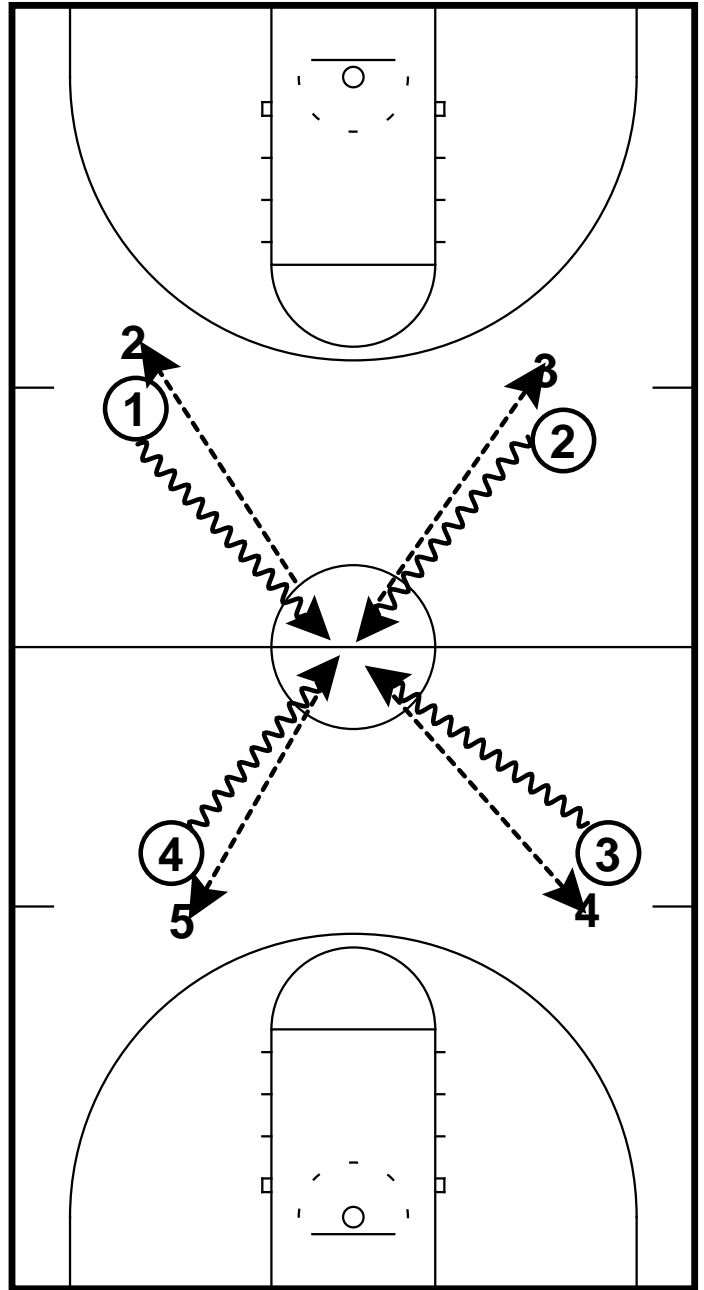
4 square multi-purpose skill

Frame 1



Flick passing/ right and left hand...start with 2 balls and build to 4...must call out name

Frame 2

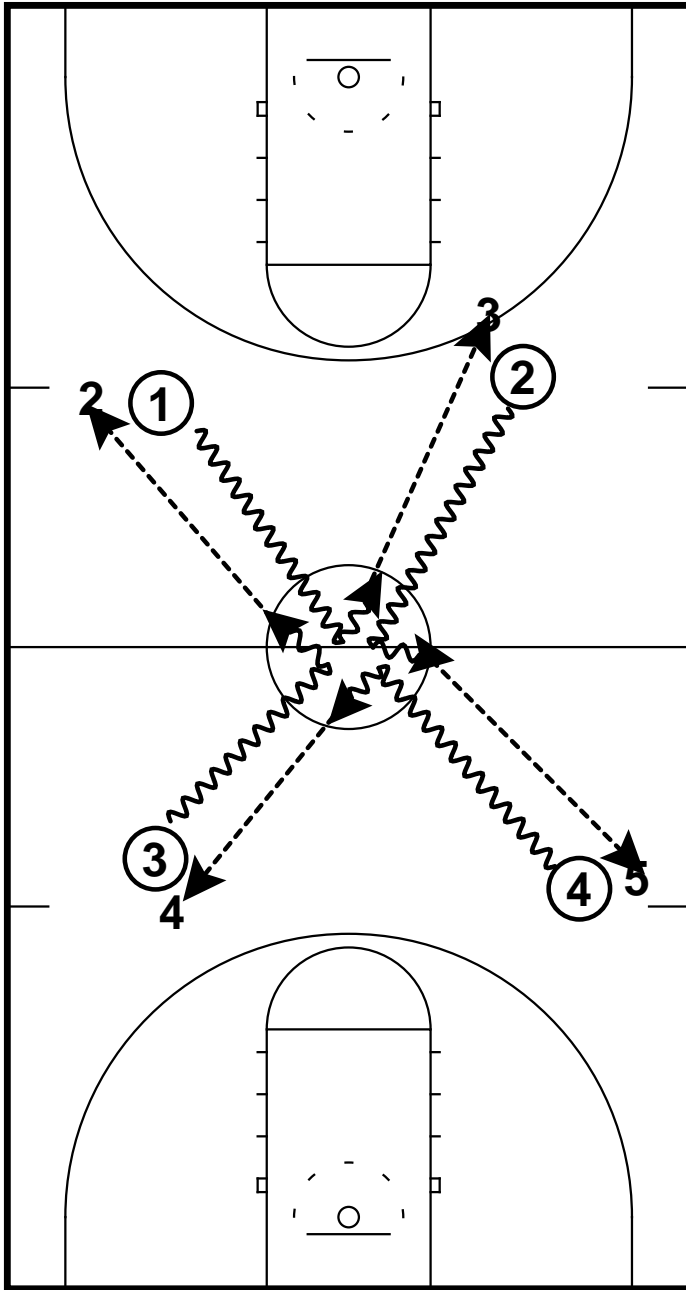


Kickbacks...follow pass with closeout
Camp dribbling out of this alignment

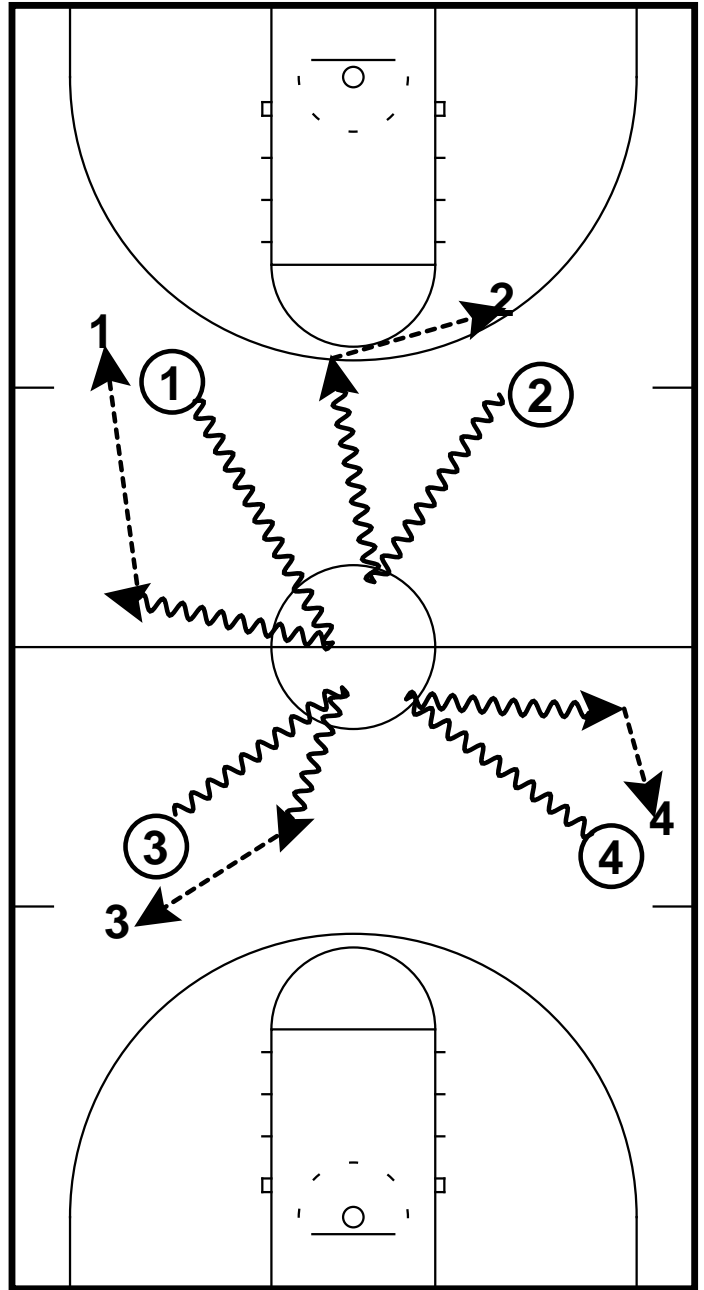
Bethel

4 square multi-purpose skill

Frame 3



Frame 4



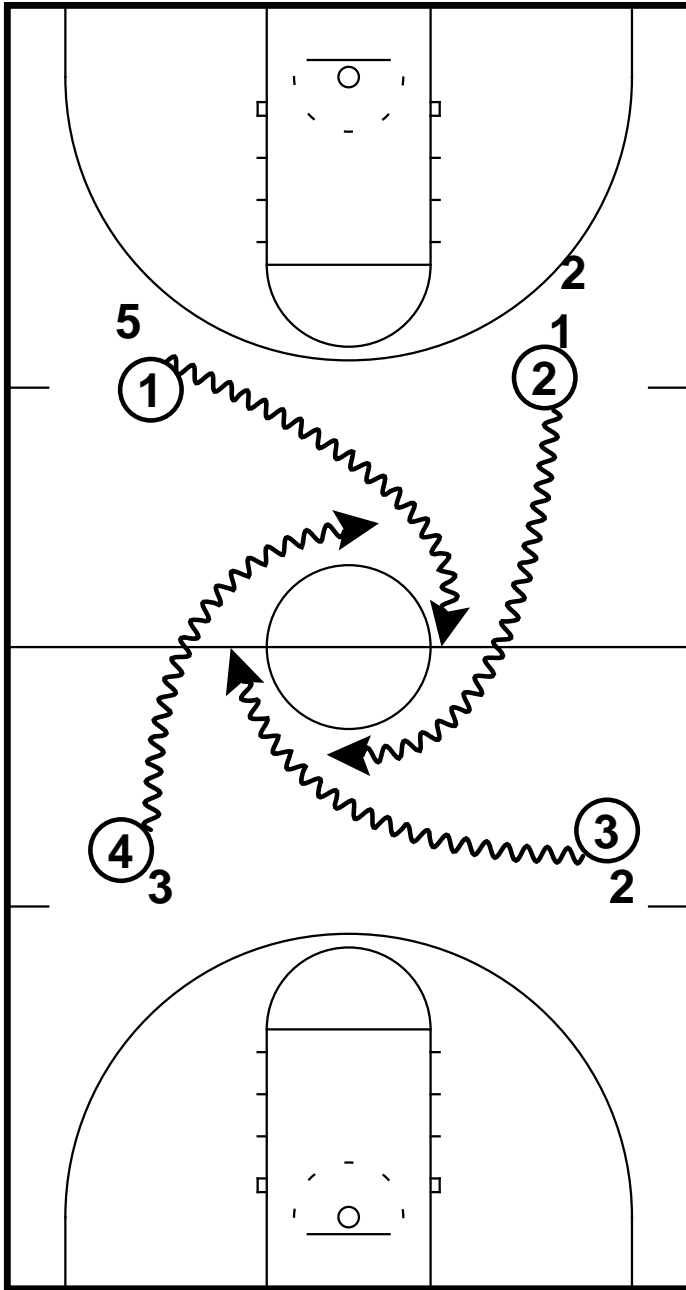
Skipback/ jump skip/ quick pitch...follow pass with closeout
Freeze skip

Bounce Out

Bethel

4 square multi-purpose skill

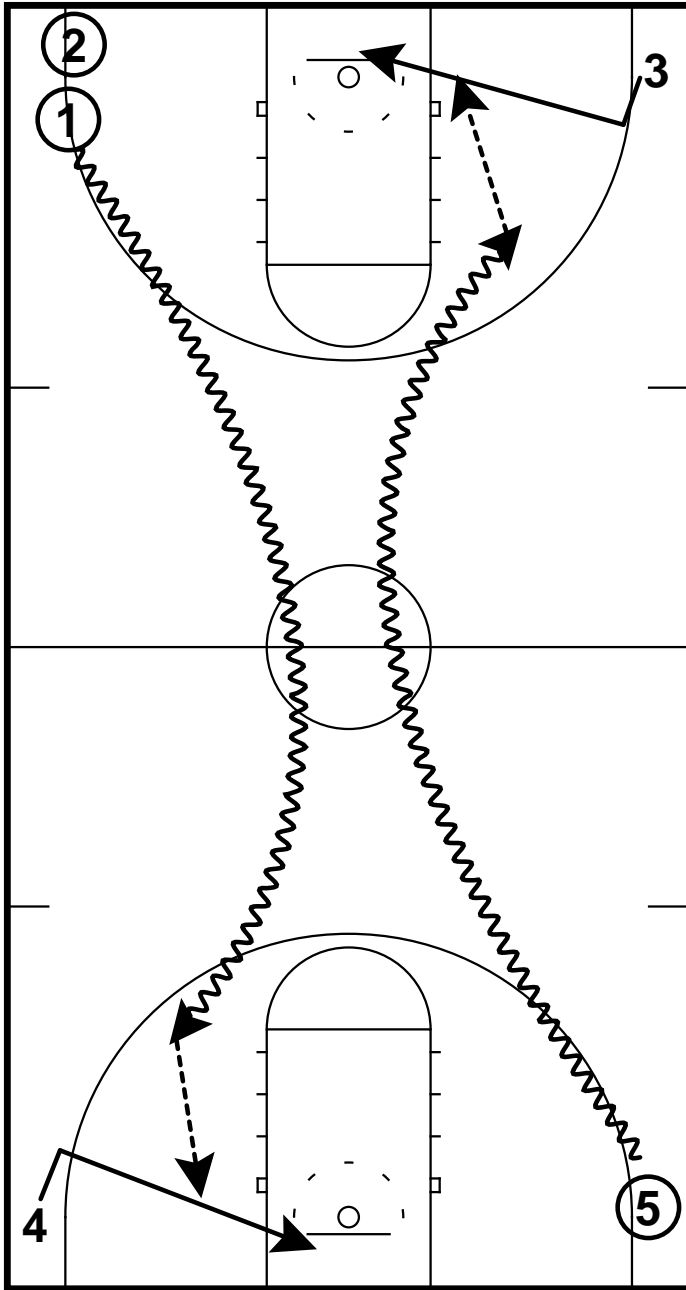
Frame 5



- Nash Passing
- Control dribble
- Control to go
- Dribble jab
- Between legs
- Between legs cross

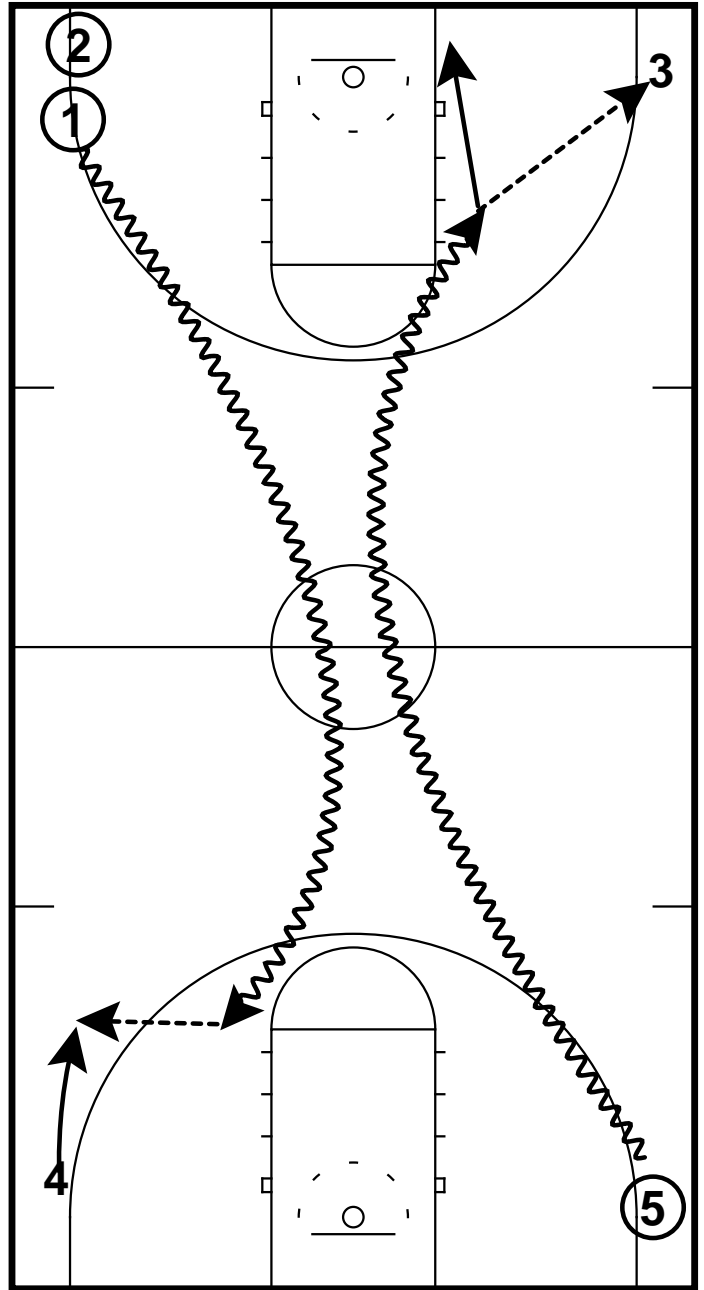
Bethel Italian drill

Frame 1



Fat
Shooter gets rebound and change lines

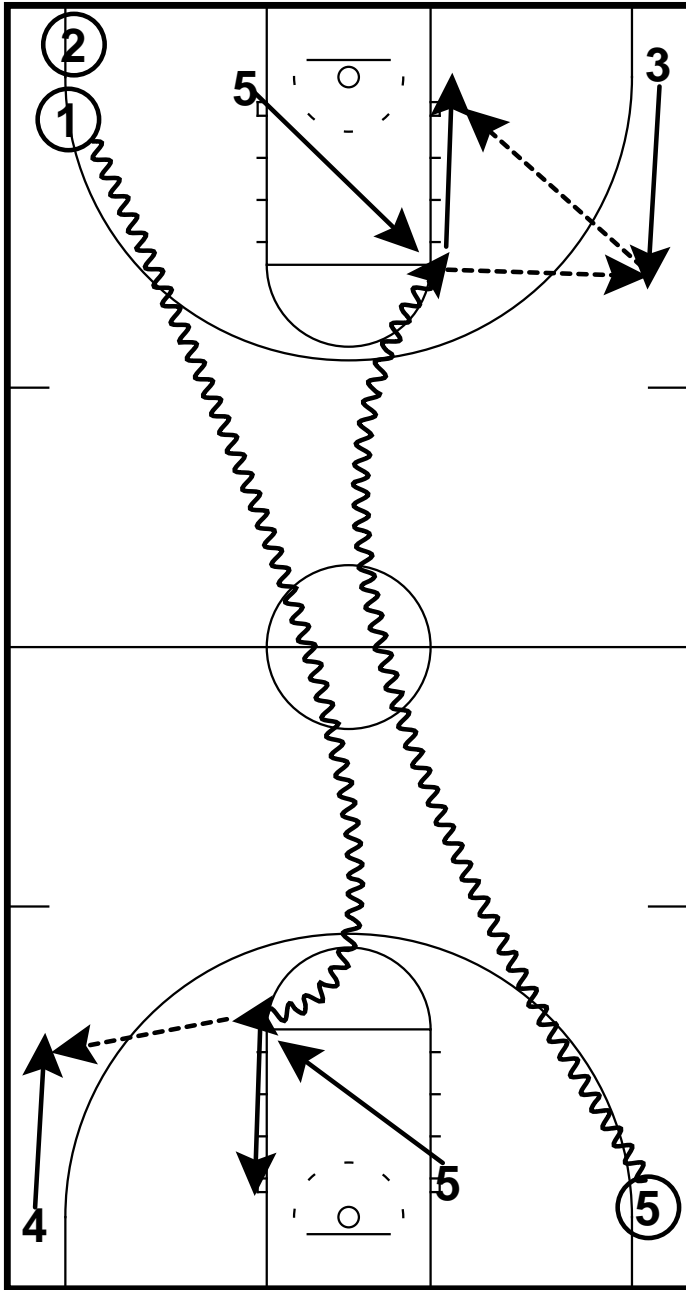
Frame 2



Quick pitch
Attack
Escape/Punch

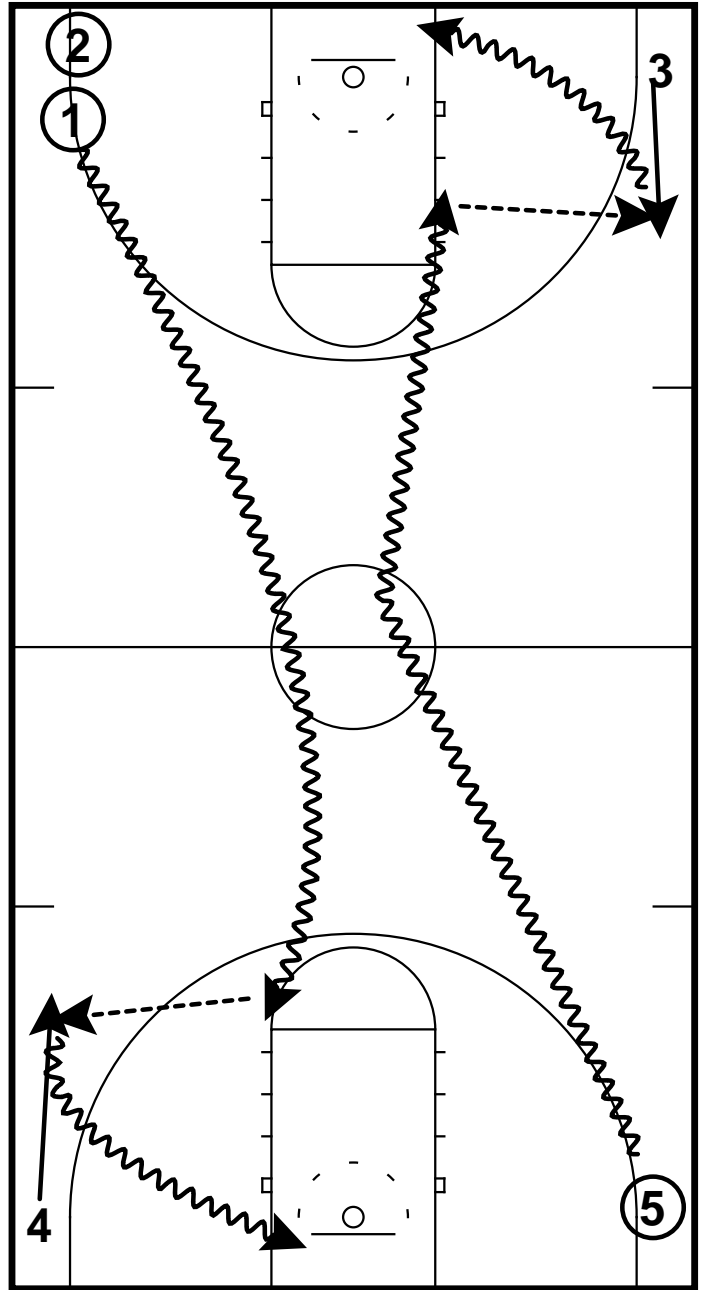
Bethel Italian drill

Frame 3



Fill PPP
Feeder drops

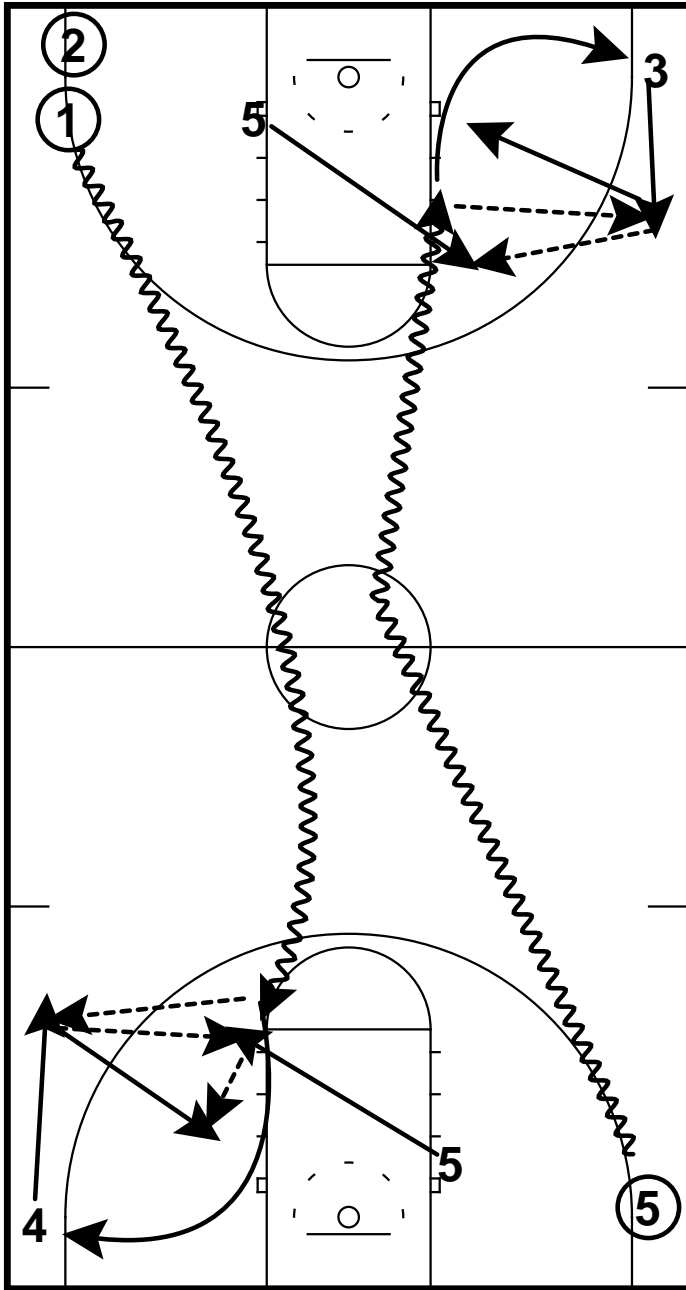
Frame 4



Attack attack, baseline

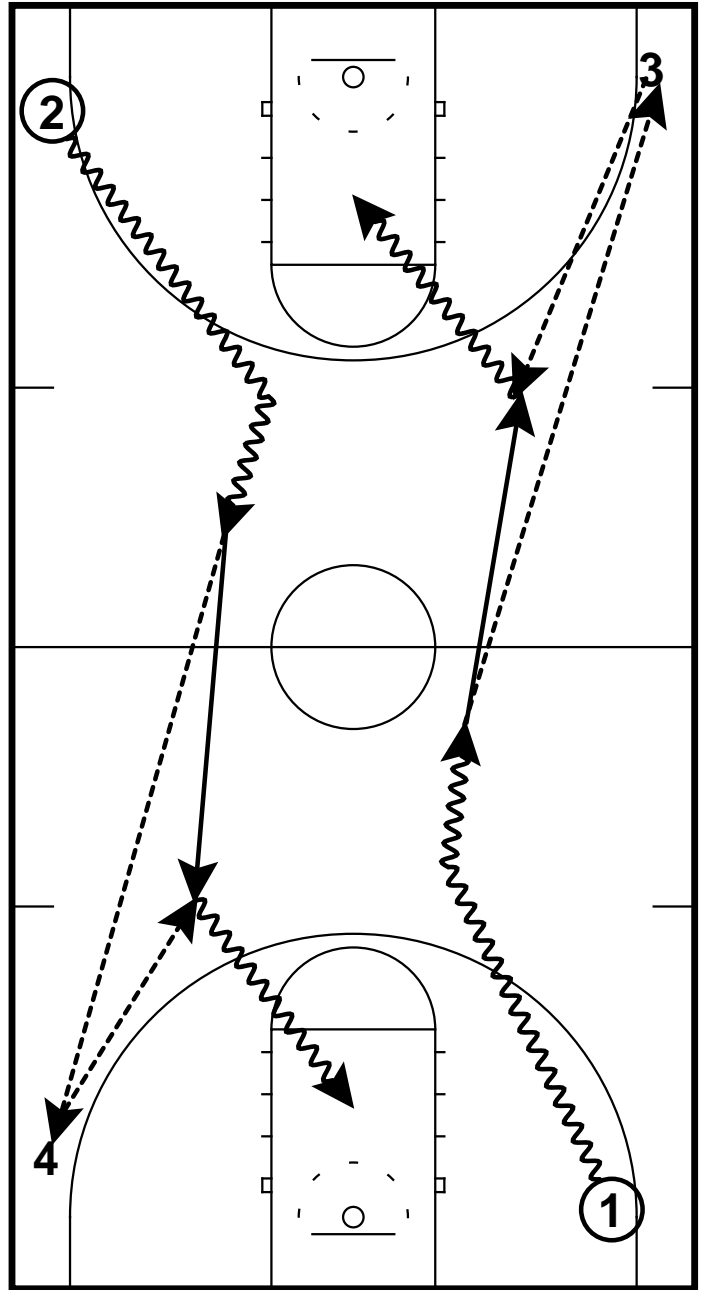
Bethel Italian drill

Frame 5



Fill Give and Go

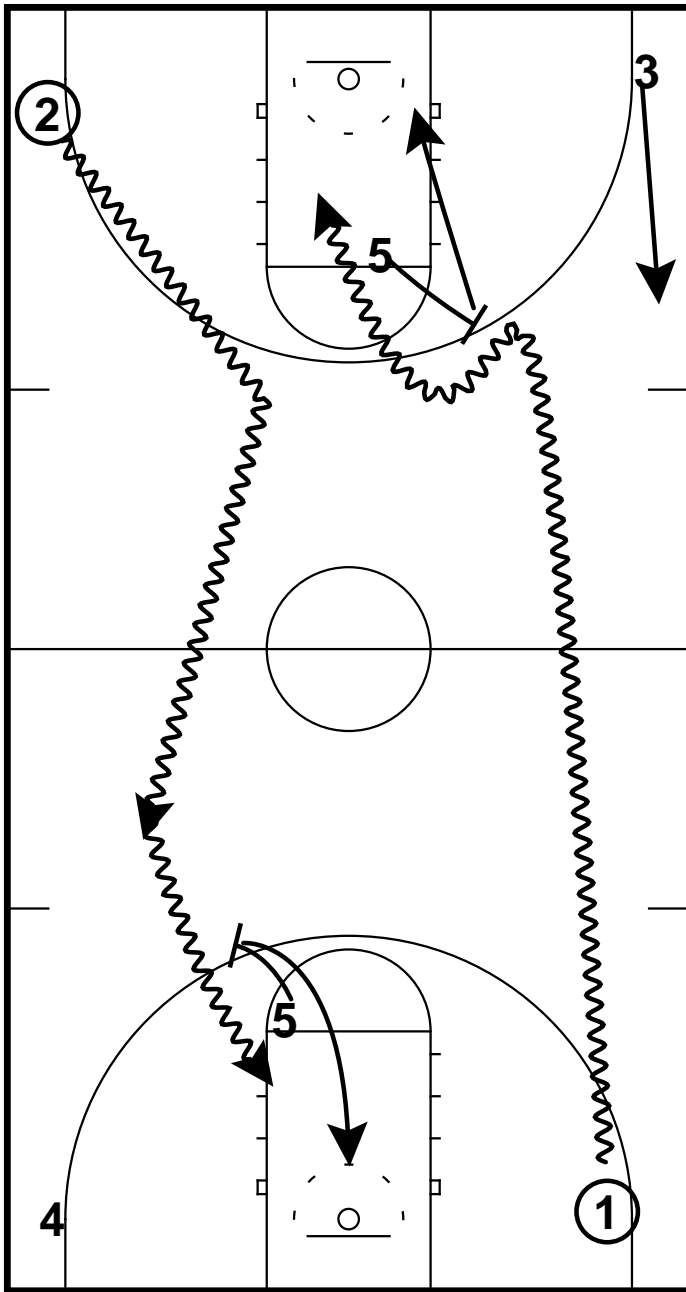
Frame 6



Pitch ahead

Bethel Italian drill

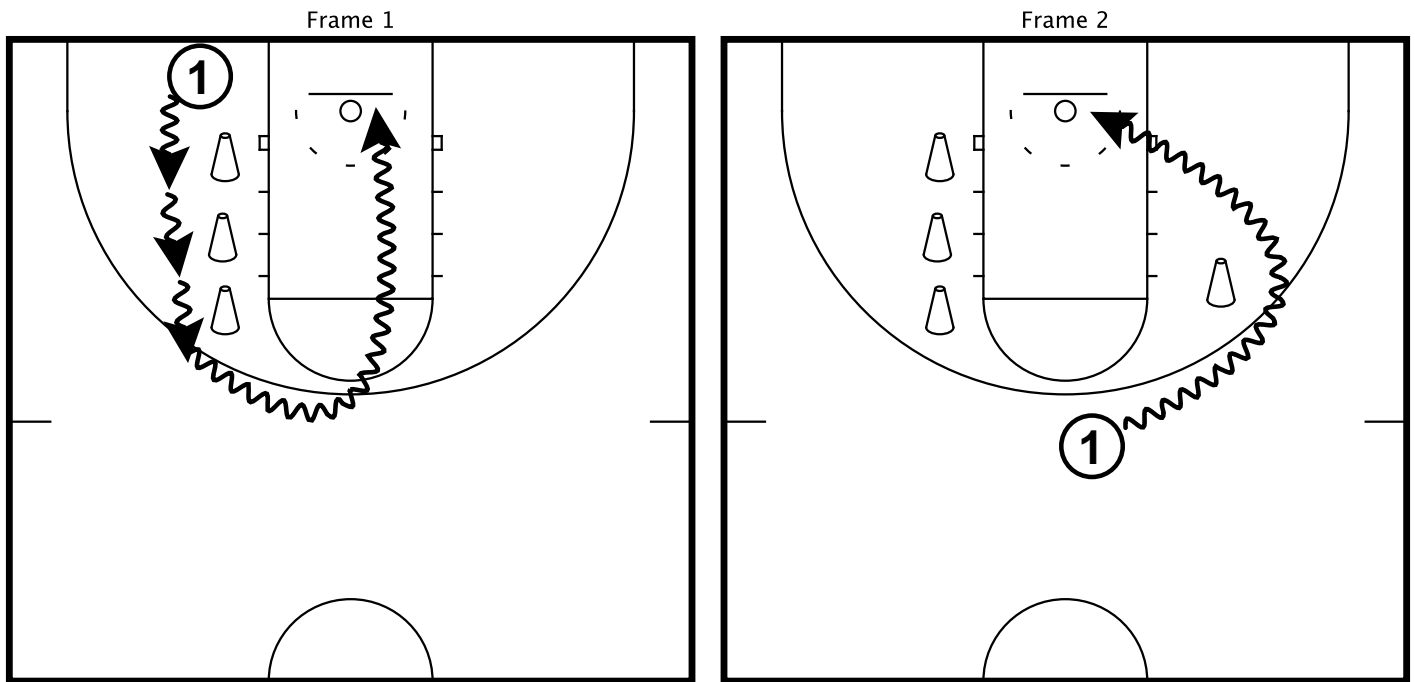
Frame 7



Drag

Bethel

Lane Arc Series

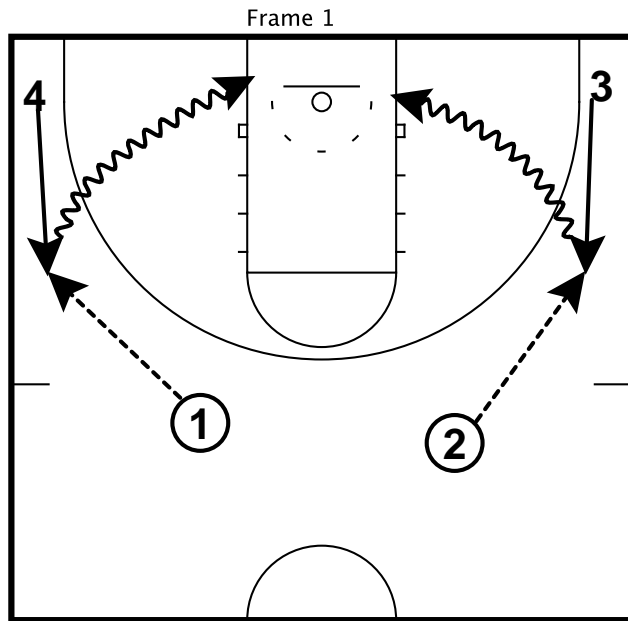


3 moves turn corner finish

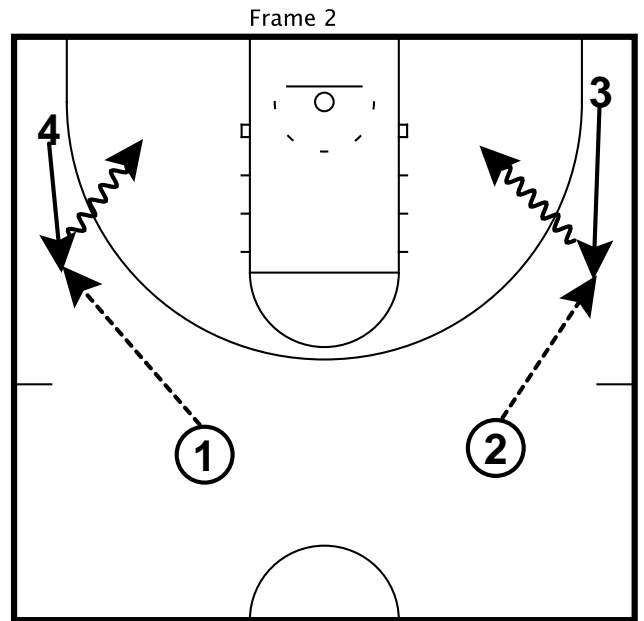
1. Dribble jab to control to go
2. Push cross
3. Hesitation
4. Between legs
5. Between legs cross

Bethel

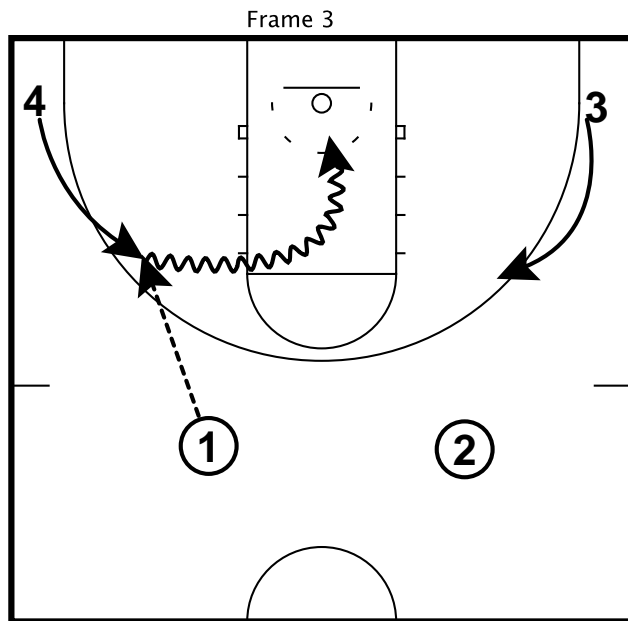
Guard/ Wing Attacks



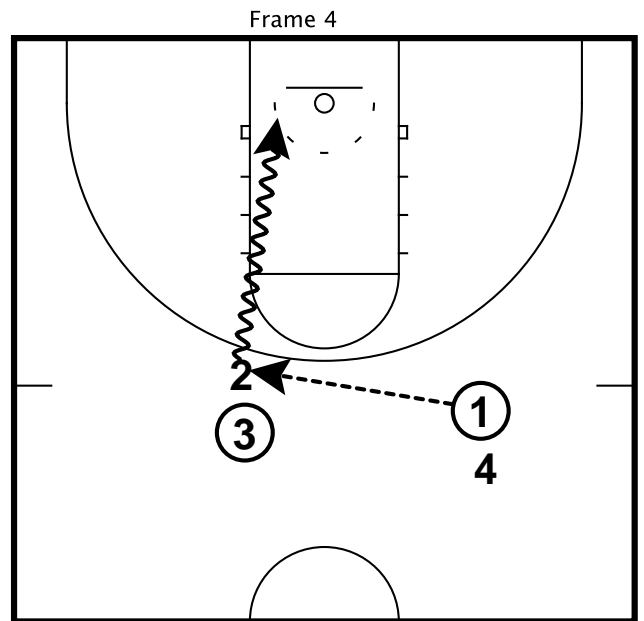
1 Dribble Attacks/ Barkly
 Alternating wings
 Bully catches (Reverse turn/Reverse turn stick)
 Stick jumper



1 Dribble pull up



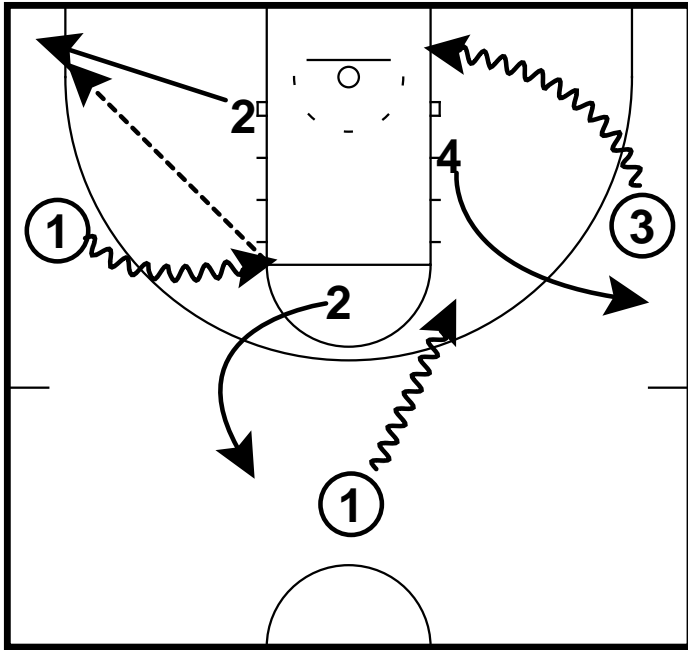
Go move (curl)
 Kill Jumpers



Bethel

Escape Shooting

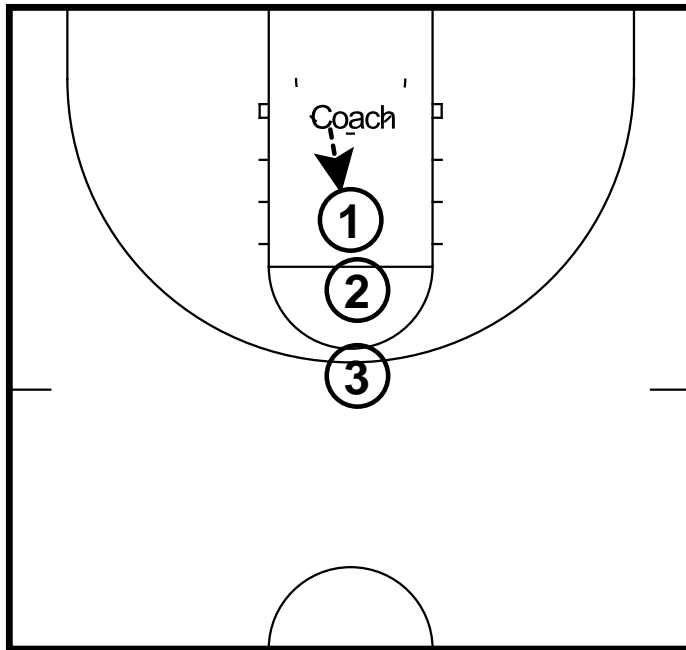
Frame 1



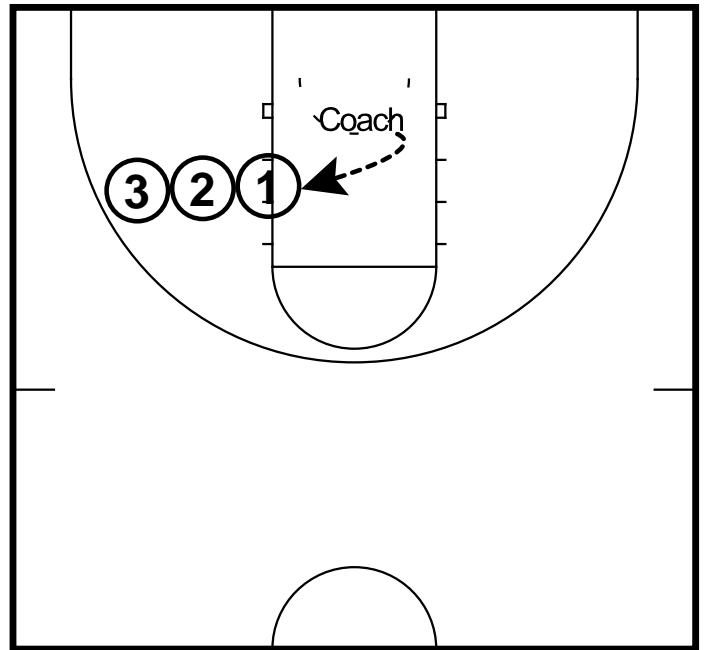
Bethel

Finishing school

Frame 1



Frame 2



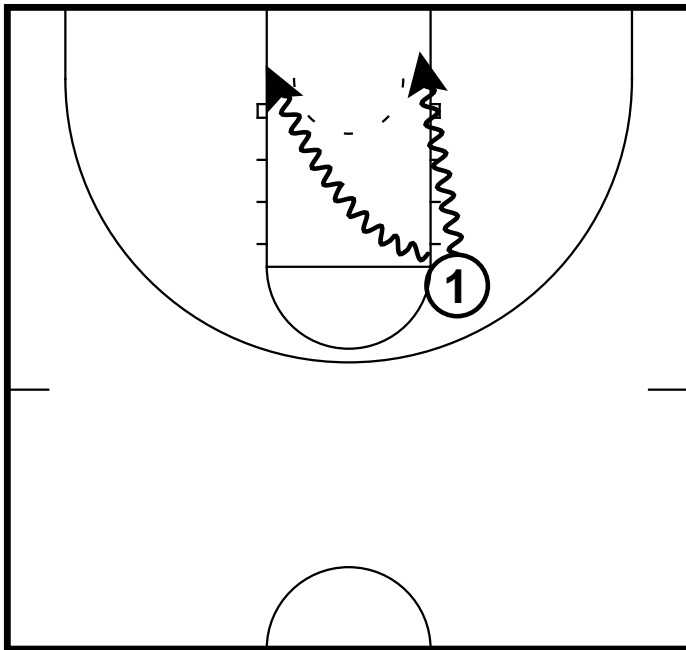
One leg right/ reach
 Reach reverse
 SS right
 SS left
 Donut
 Fake kickback
 Fake inside score outside
 Euro

Jumphook
 Shimmey jumphook/ reach
 Up and under
 Back pivot
 Running hook
 Slide step
 Euro
 Long reach one leg
 SS inside hand
 SS outside hand
 Right block...right shoulder jumper

Bethel

Finishing school

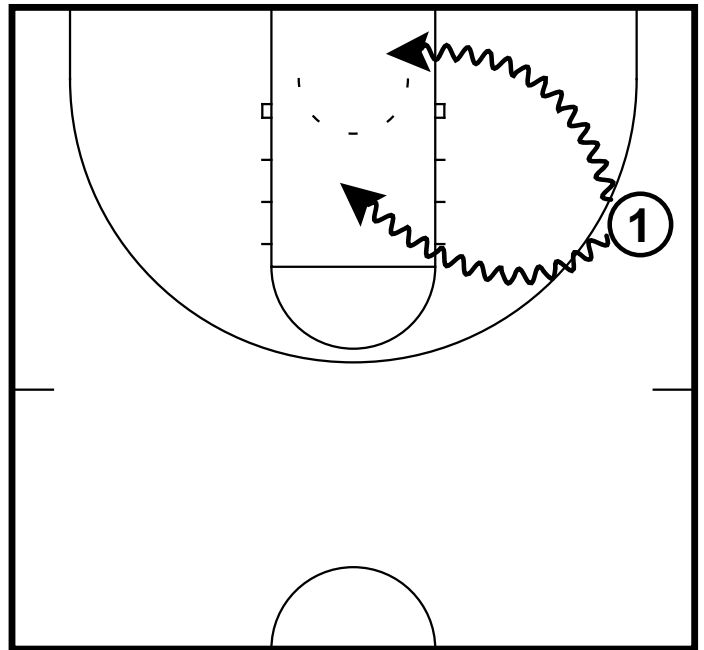
Frame 3



Elbow Finishing

From a stationary tuck position/ both elbows
Finishing with one dribble

Frame 4



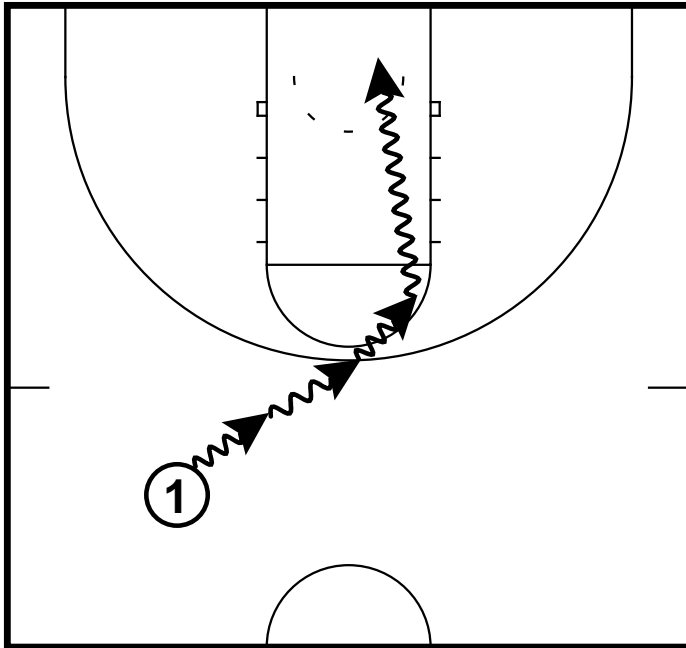
Wing Finishing

From a stationary tuck position

Bethel

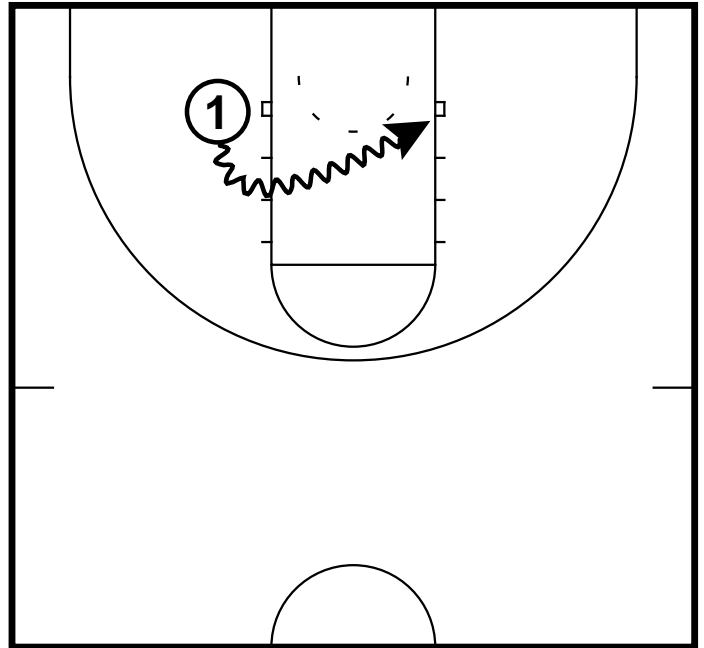
Finishing school

Frame 5



- Liliard
3 moves finish
1. Dribble Jab
 2. Stop and Go
 3. Cross
 4. Between

Frame 6

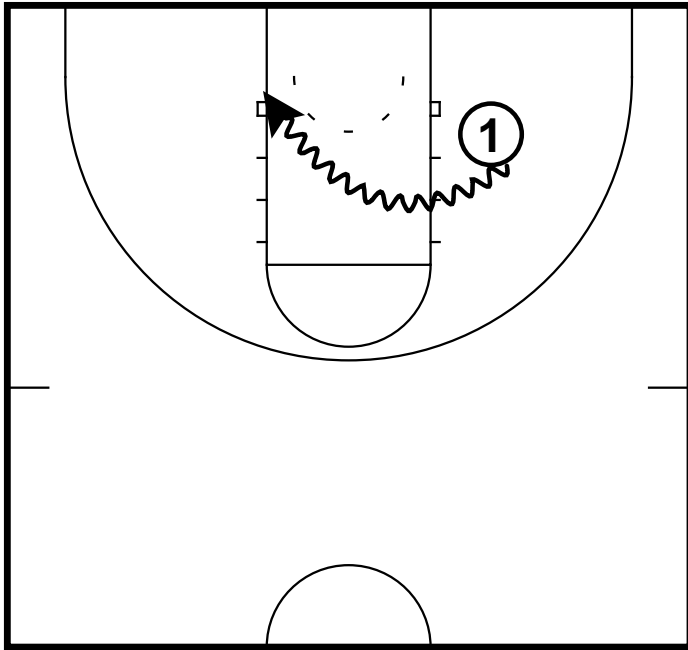


- POST
- Control to go
 - Control to running hook
 - Control to jump hook
 - Control to shimmy
 - Dribble drop
 - Quick spin
 - Reverse turn
 - Reverse turn stick
 - Can always add a dribble shimmy
 - Lean middle turn around

Bethel

Finishing school

Frame 7



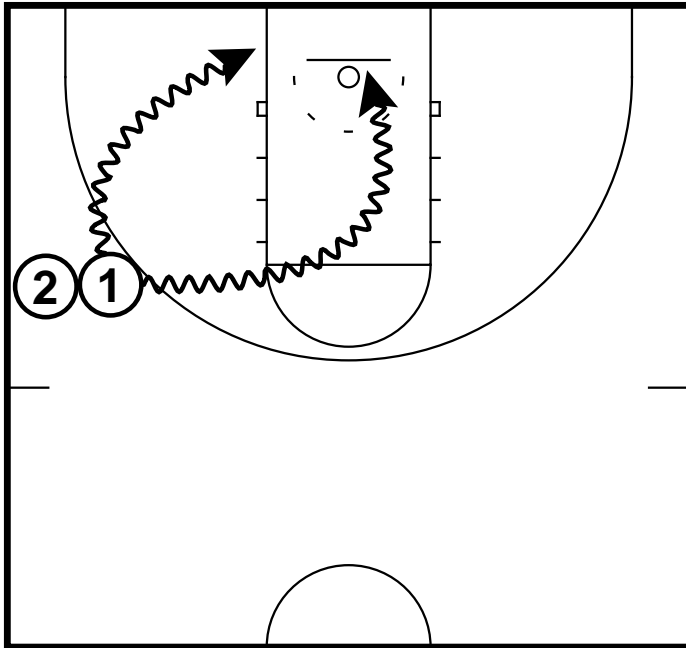
POST

- Catch and score
- Go move
- Control to go
- Control to running hook
- Control jump hook
- Control right shoulder jumper
- Dribble drop
- Reverse turn
- Reverse turn stick

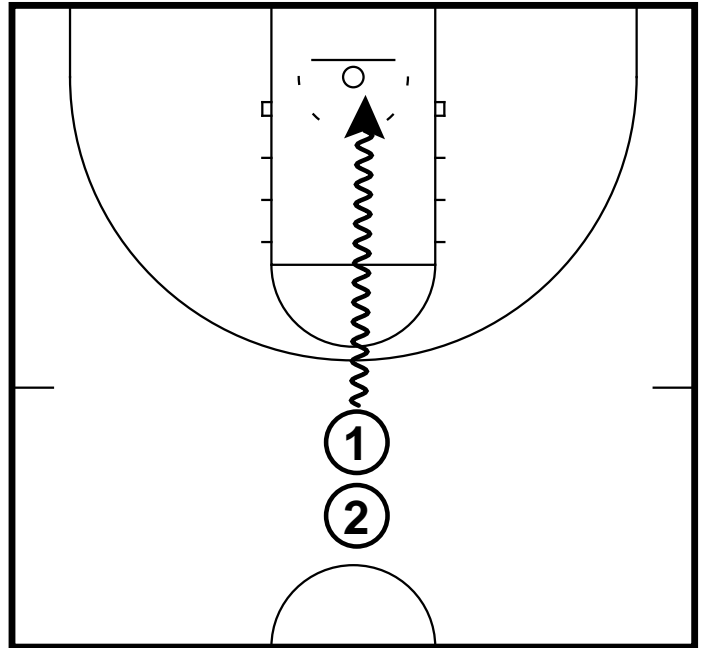
Bethel

Finishing Series

Frame 1

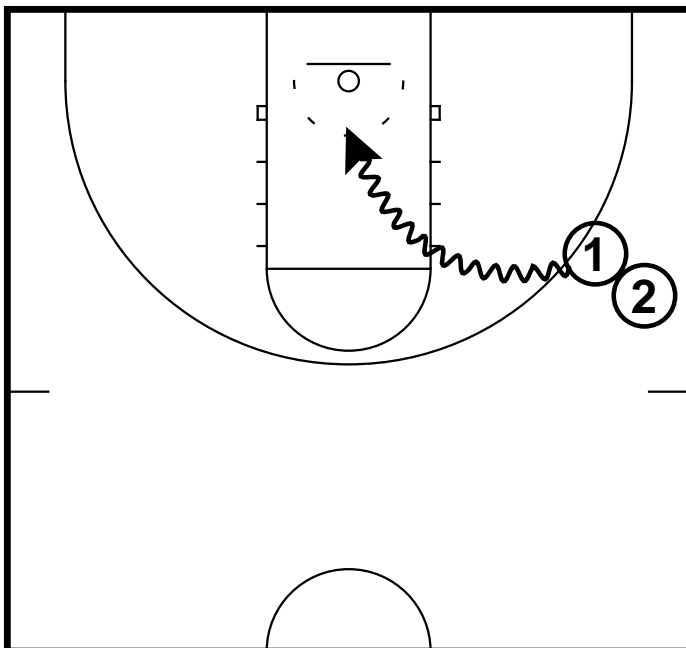


Frame 2

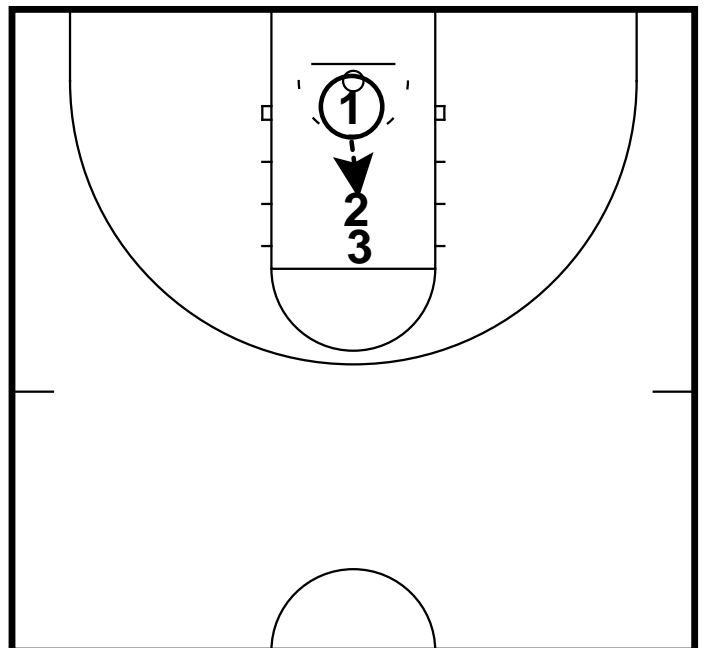


1 hand reach
SS outside
SS inside
Donut
Floater
Runner

Frame 3



Frame 4

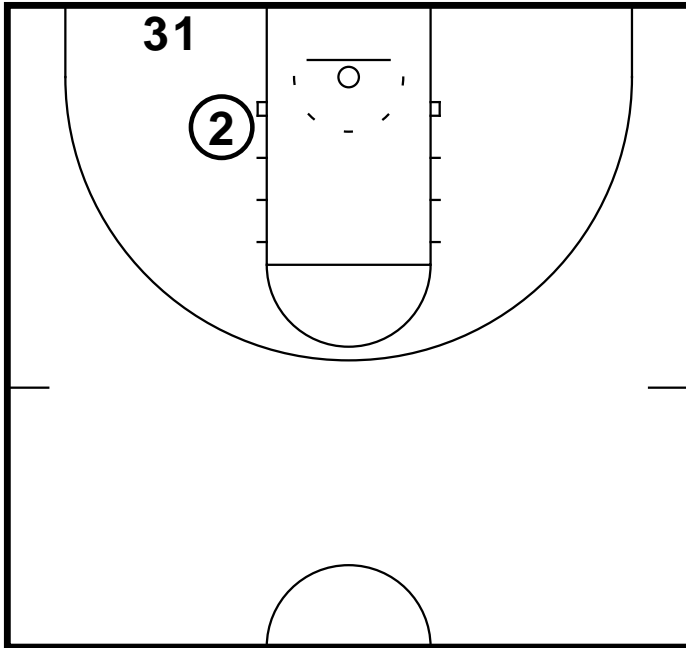


Finishing School

Bethel

Finishing Series

Frame 5



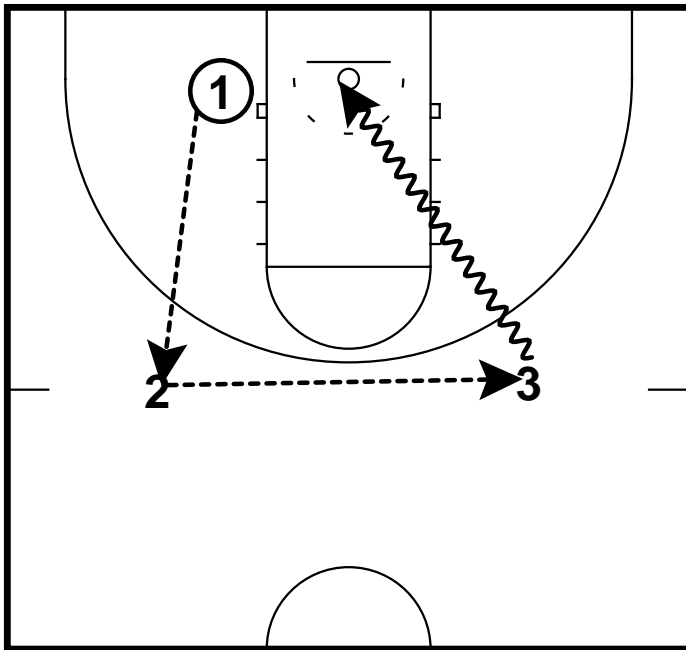
Post Series:

- No dribble/
Jump Hook
- Strong Shoulder
- With Dribble/
Control Go
- Bury/ Reach
- Shimmey
- Dribble drop
- Up and Under

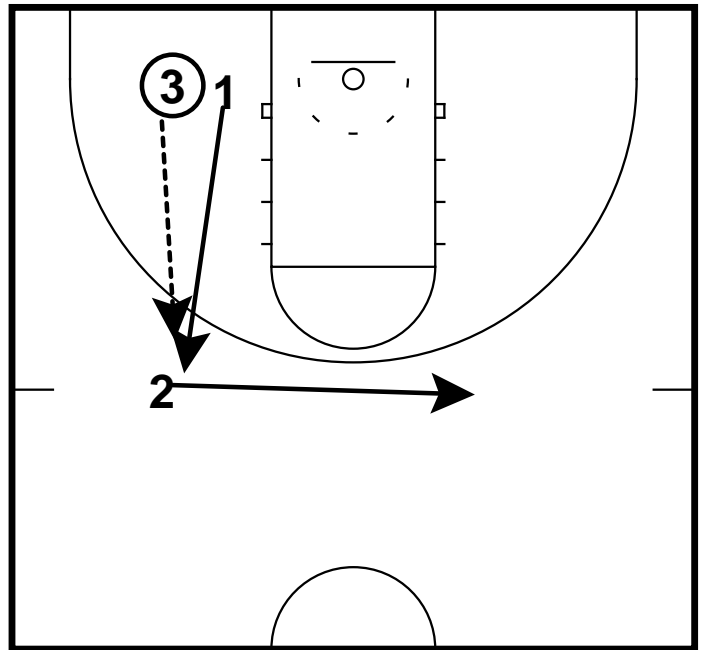
Bethel

G-G Attacks

Frame 1



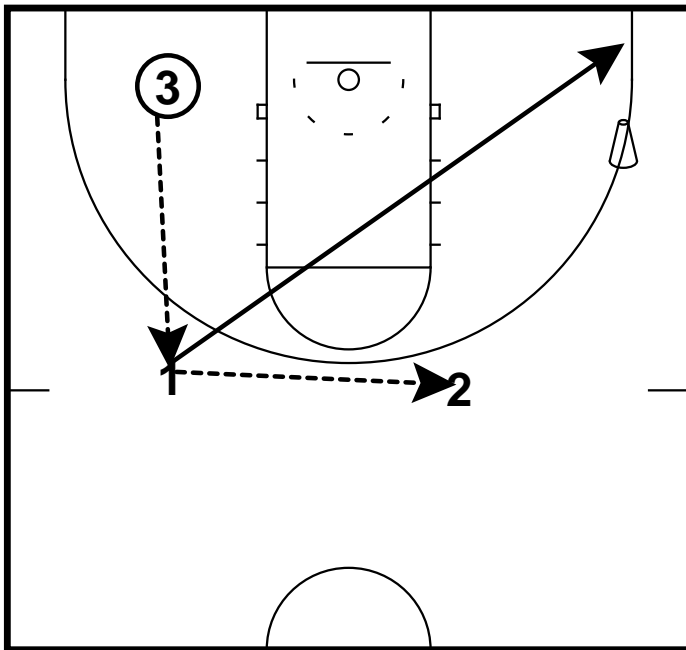
Frame 2



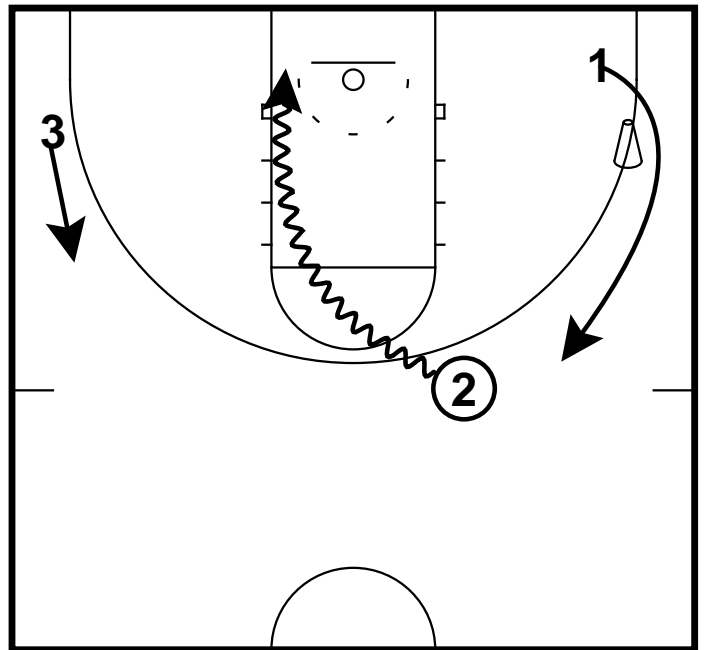
Finishing

- 1 dribble
- 2 dribble

Frame 3



Frame 4

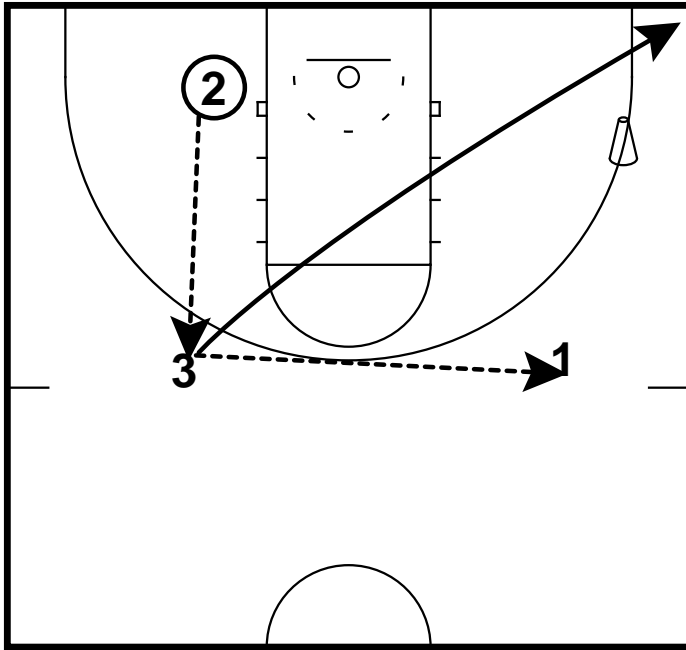


Fingers option

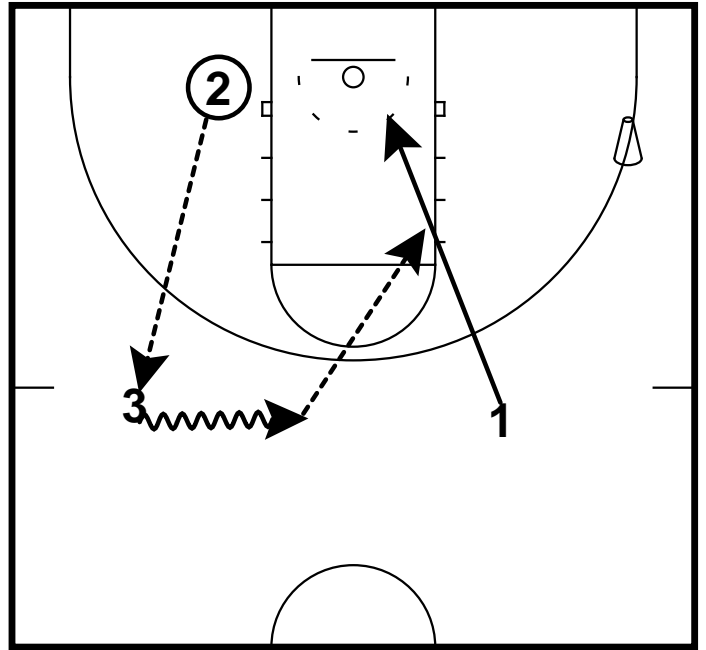
Bethel

G-G Attacks

Frame 5

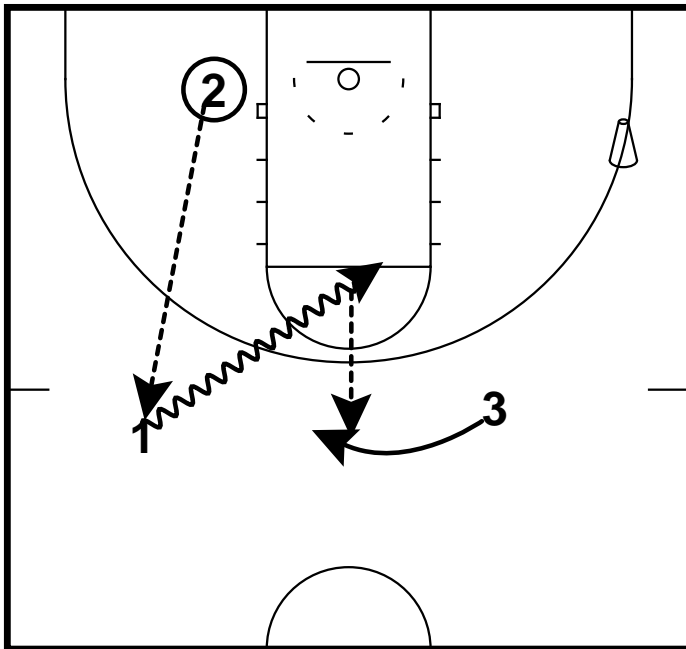


Frame 6



Dribble at

Frame 7

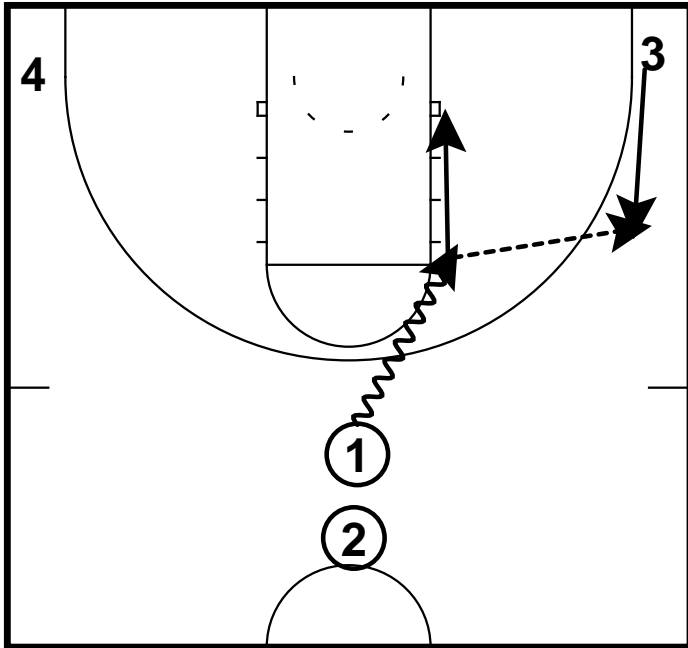


Attack attack

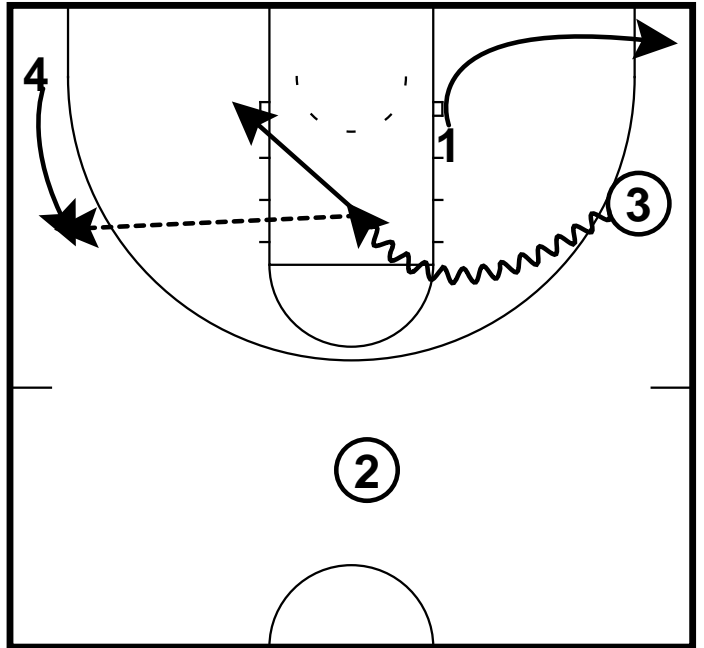
Bethel

3-0 By-pass Shooting

Frame 1



Frame 2

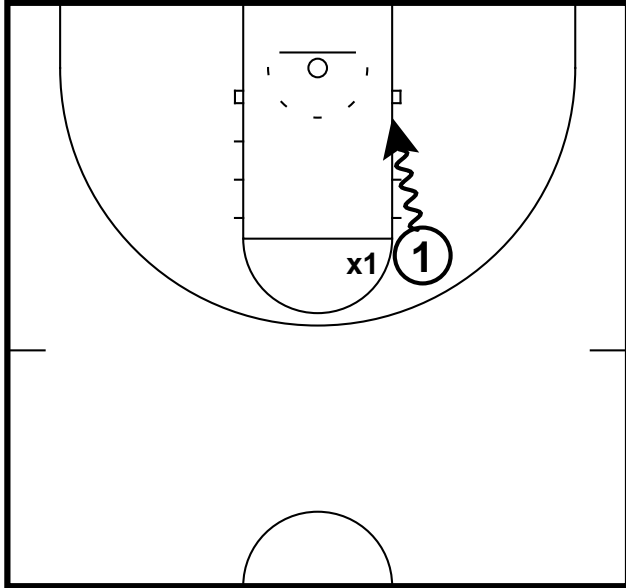


By-pass 3
Drift 3
Barkley by-pass
Fat Drift
Finishing series

Bethel

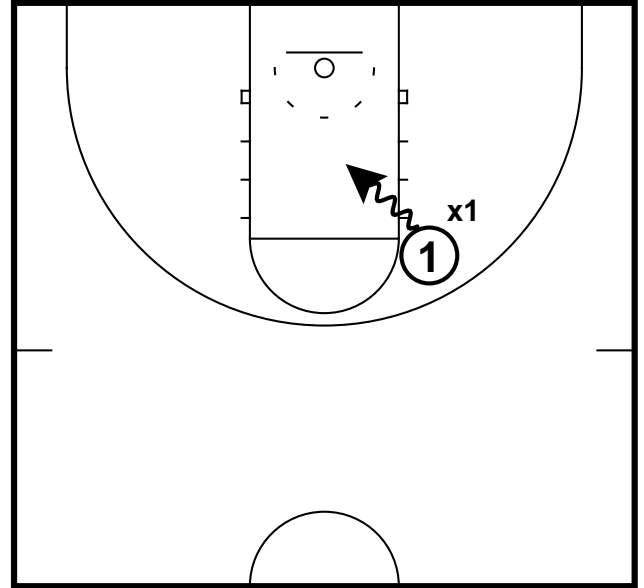
Advantage 1-1

Frame 1



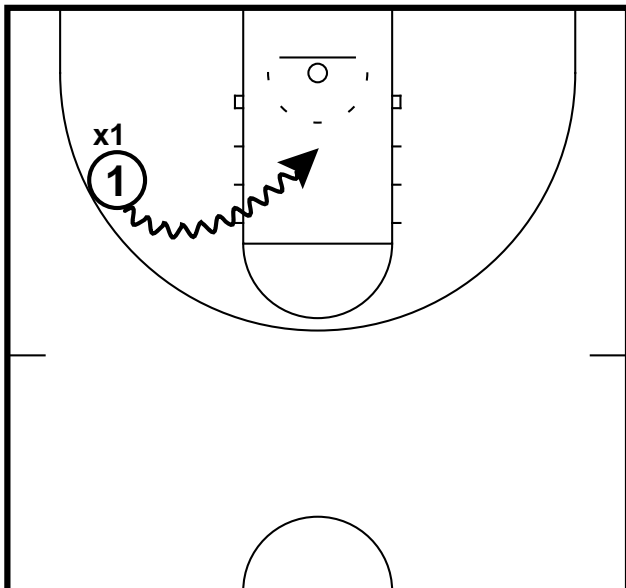
Defender on inside

Frame 2



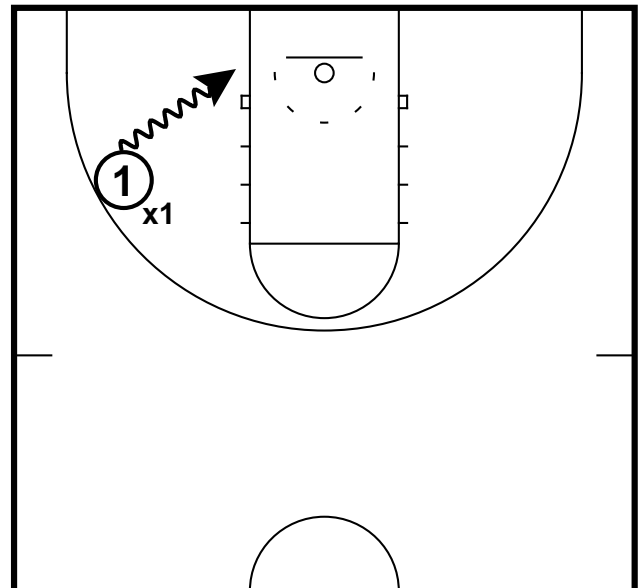
Defender on the outside/ Work both elbows

Frame 3



Disadvantage from the wing

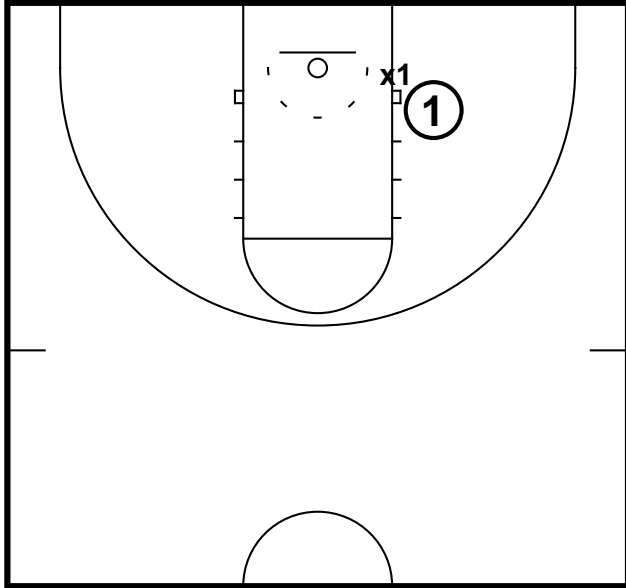
Frame 4



Bethel

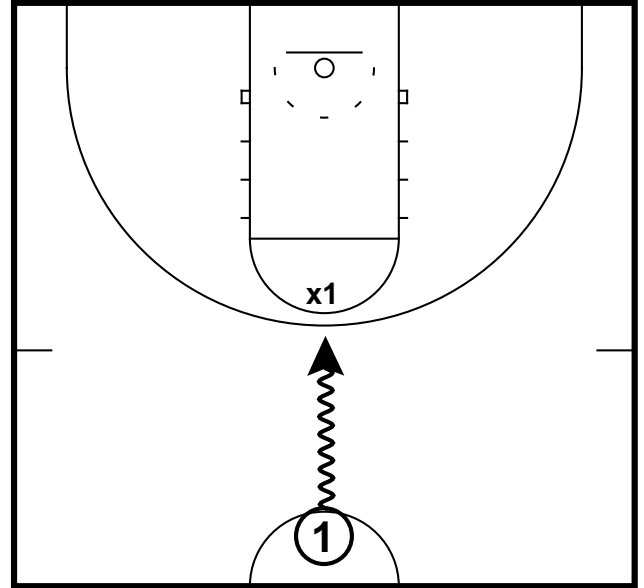
Advantage 1-1

Frame 5



Post ups live 1-1

Frame 6

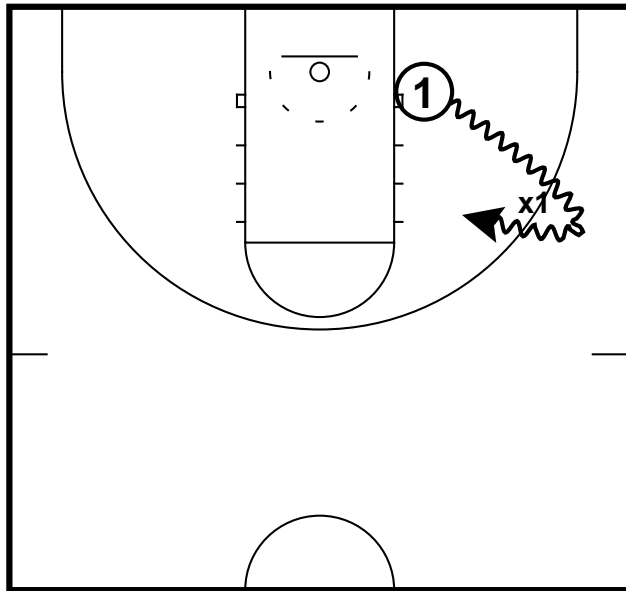


Live 1-1 off the bounce

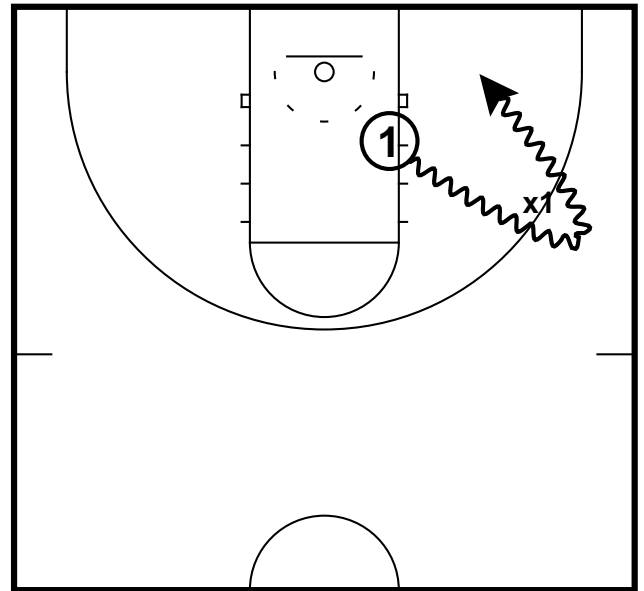
Bethel

Arc 1-1

Frame 1

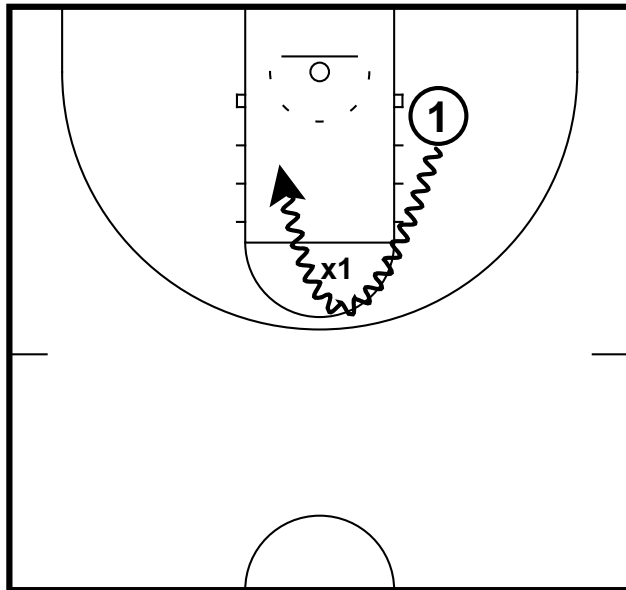


Frame 2

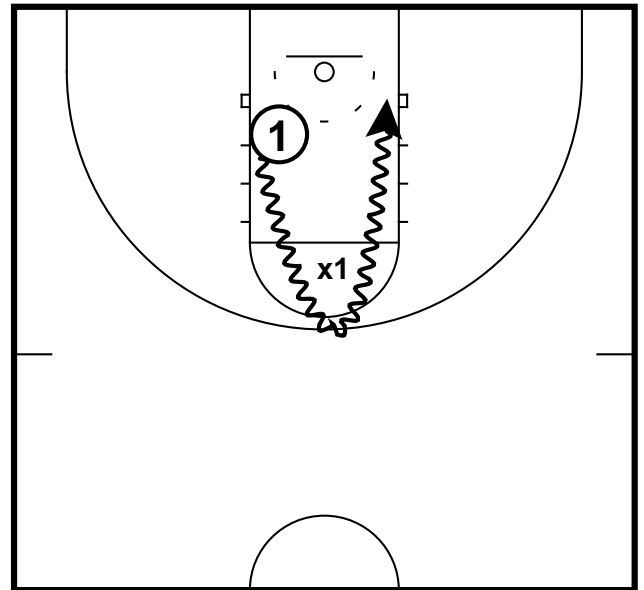


2 dribble moves toward defender
X1 can go when 1 gets to shoulder
Live finishing with emphasis on turning corners

Frame 3



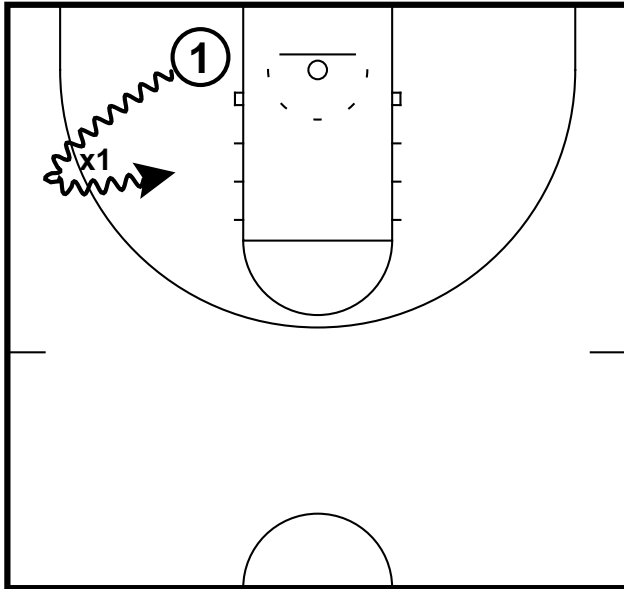
Frame 4



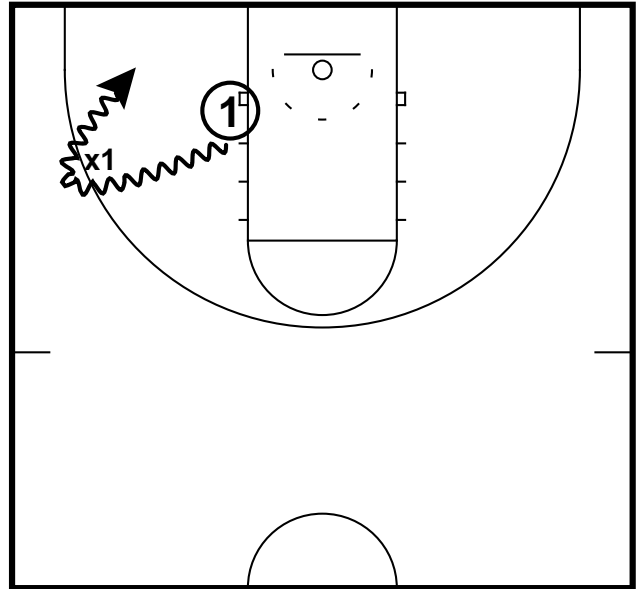
Bethel

Arc 1-1

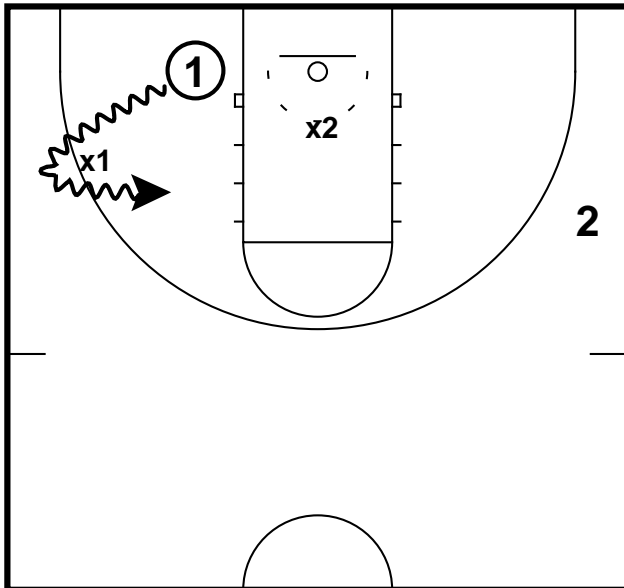
Frame 5



Frame 6



Frame 7



Can also play 2-2 and 3-3 games