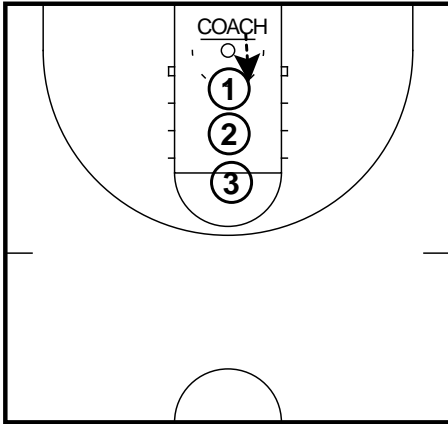


Bethel

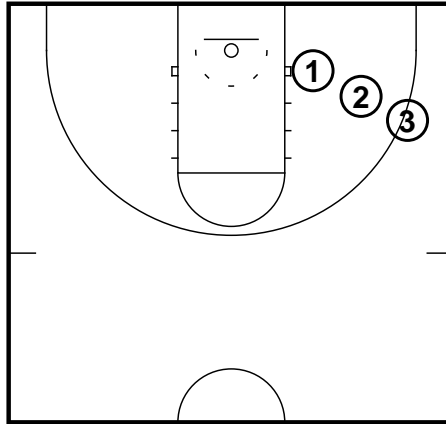
FINISHING SCHOOL
INDIVIDUAL SKILLS



CHEST (Can use with Find Feet or Freeze Dribble)

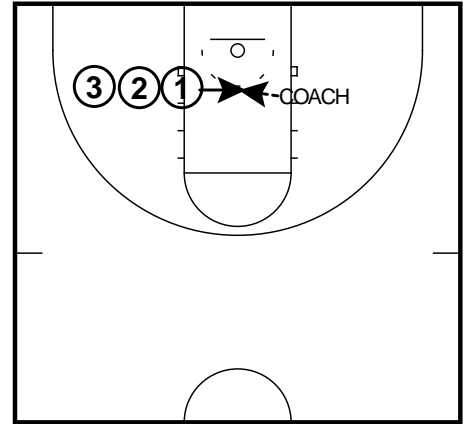
1. Reach
2. Reach Dr. J
3. Reach Across
4. One leg lay-up
5. Euro
6. Runner
7. SS outside
8. SS inside
9. Donut jump hook
10. Donut strong shoulder
11. Fake kickback
12. Floater
13. Step through
14. Slide
15. Running hook
16. Strong shoulder
17. Strong shoulder stick

FINISHING SCHOOL
INDIVIDUAL SKILLS



CHEST ANGLES
Same series

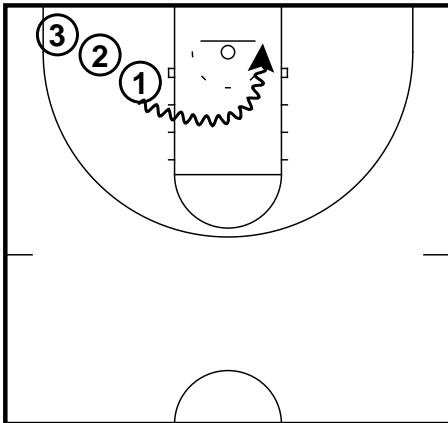
FINISHING SCHOOL
INDIVIDUAL SKILLS



POST PLAY

- JUMP HOOK
- SHIMMEY JUMP HOOK/ REACH
- UP AND UNDER/DONUT
- BACK PIVOT
- RUNNING HOOK
- LONG REACH
- STRONG SHOULDER JUMPER

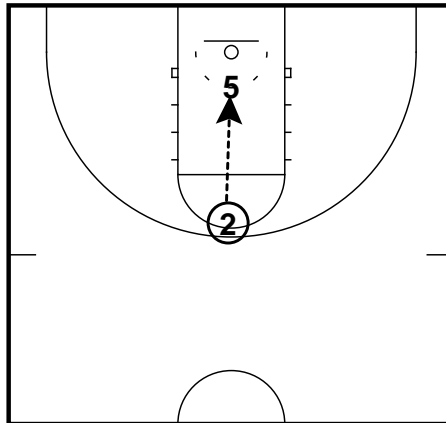
FINISHING SCHOOL
INDIVIDUAL SKILLS



POST PLAY WITH DRIBBLE /Shimmey's

- Go
- Go Stick
- Control to go
- Control to running hook
- Control to bury
- Bury Reach
- Dribble drop
- Quick spin
- Reverse turn/ stick

FINISHING SCHOOL
INDIVIDUAL SKILLS



Front of rim/ back to basket