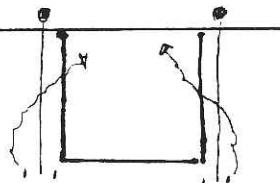


BOX DRILLS

#1



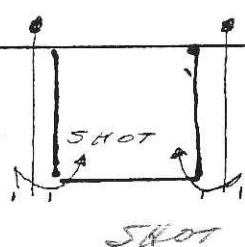
DROP STEP

FLASH - Two Foot Jump Stop

DROP STEP - ONE DRIBBLE

Lay-up - "Both SIDES"

#2



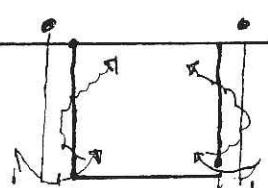
SHOT

FLASH - Two Foot Jump Stop

FAKE DROP STEP - PIVOT ON

INSIDE PIVOT FOOT - JUMP SHOT

#3



CROSS OVER

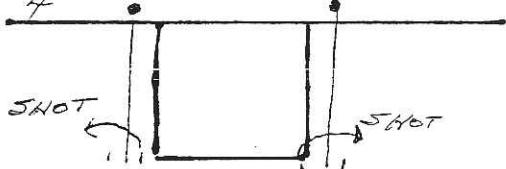
FLASH - Two Foot Jump Stop

FAKE DROP STEP - PIVOT ON

INSIDE PIVOT FOOT - FAKE

SHOT - CROSS OVER - ONE DRIBBLE

#4



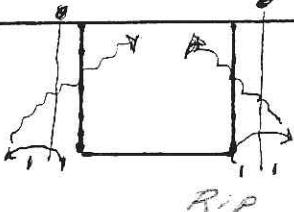
open shot

FLASH - Two Foot Jump Stop

REVERSE pivot on outside

Pivot Foot - JUMP SHOT

#5



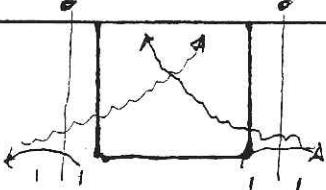
RIP

FLASH - Two Foot Jump Stop

REVERSE PIVOT ON outside

Pivot Foot - "RIP" to outside

#6



Crossover

FLASH - Two Foot Jump STOP

REVERSE PIVOT ON outside

Pivot Foot - FAKE RIP

#7



"STEP BACK"

CROSS OVER

FLASH - Two Foot Jump Stop -

REVERSE PIVOT ON outside Foot

START RIP TAKE 1/2 STEP

* Full BACK