



Coaches' GAME PLAN



Skills Drop Step



01



Have player execute jump stop above the block and receive the pass.



02



Use foot away from basket as the pivot.



03



Then drop step with other foot toward the basket.



04



Take strong drop step toward basket to clear room to operate.



05



To finish, take one dribble and shoot a lay-up.



06



Do not take drop step that is too shallow.

Notes: