

Skills Video 5	Day	Day	Day	Day	Day
Perimeter moves - part one	1	2	3	4	5
Jab, rip and cross step, lay up finish					
Pass fake and cross step, lay up finish					
Shot fake and cross step, lay up finish					
Jab baseline, shot fake, onside step and score					
Jab middle, ¼ turn baseline, reverse pivot and step back, shot fake and score					
Jab baseline, shot fake, cross step into split stance, crossover, spin dribble into hop for jump shot					
Pass fake baseline, cross step middle jab, rip baseline, jump stop, behind the back dribble, slide across into a hop for jump shot					
Jab and rip, crossover, into throwdown dribble and shoot					
Jab, fake rip, onside dribble and score					
Jab, fake rip, shot fake, onside dribble and score					
Shot fake, cross step and <u>scrape middle</u> , rip baseline and score					
Shot fake, cross step and <u>scrape baseline</u> , rip middle and score					
<u>Jab middle</u> cross step and scrape baseline, rip middle and score					
Jab baseline, cross step and scrape middle, fake drive baseline, rip middle and score					
Jab shot fake, rip baseline, step back and score					

### Skills tips

- Maintain low wide stance through action (keep your balance)
- Use a short "sharp step" to jab (keep pivot foot planted)
- Look opposite to where you will go ("sell" defender your fake moves)
- Separate fake moves (short pauses in between moves)



Spider skills at home  
Hornsby Spiders Basketball

