

Skills Video 6	Day	Day	Day	Day	Day
Perimeter moves - part two	1	2	3	4	5
Catch, Rip, Hesitate and Shoot					
Jab and Shoot					
Fake Jab Shoot					
Fake Jab, Rip, Crossover and Shoot					
Fake Jab base, middle, THEN Rip, Crossover and Shoot					
Sprint, Catch, Hop (and in jump stop) and Shoot					
Sprint, Catch, Hop, Shot Fake, Rip through and Score					
Rip through MIDDLE					
SHOT FAKE, DRAG BACK, CROSOVER, SLIDE					
SHOT FAKE, DRAG BACK, SLIDE					
DRAG, BETWEEN LEGS, BEHIND BACK CROSSOVERS					
FINISH WITH JUMPSHOT					
Sprint, Catch Rip through, Step back and shoot					
Shot Fake, Slide and Score					
Slide, Split the Screen and Score					
Cross step, Hip Swivel, Onside and Score					

Skills tips

- Use changes (direction and speed) to be "shifty"
- Cover distance when using lateral slides (to separate from defender)
- Prepare your hands to catch the ball before receiving a pass
- Bring the ball to your lift point as you land, shoot at the peak of your jump



Spider skills at home
Hornsby Spiders Basketball

