

Wayzata Perimeter Moves Workout #1

Keys:

- Stay low and athletic (Triple Threat)
- Get you defender off balance with hard/ sharp fakes/ moves (Change Speeds and change directions)
- Explode out of move (No lazy dribbles)
- Protect ball going to rim (like a running back)
- *Make 2 free throws in between each drill*

<u>Jab-Crossover:</u>	<u>Jab-Go:</u>	<u>Shot Fake:</u>
(Attempt all 6 shots from each of the 5 spots)	(Attempt all 6 shots from each of the 5 spots)	(Attempt all 6 shots from each of the 5 spots)
*Jab left and explode right for each move: -1 dribble lay-up -2 dribble pull-up -1 dribble pull-up	*Jab and explode right for each move: -1 dribble lay-up -2 dribble pull-up -1 dribble pull-up	*Shot fake and explode right for each move: -1 dribble lay-up -2 dribble pull-up -1 dribble pull-up
*Jab right and explode left for each move: -1 dribble lay-up -2 dribble pull-up -1 dribble pull-up	*Jab and explode left for each move: -1 dribble lay-up -2 dribble pull-up -1 dribble pull-up	*Shot fake and explode left for each move: -1 dribble lay-up -2 dribble pull-up -1 dribble pull-up
*Make 2 free throws in between each spot	*Make 2 free throws in between each spot	*Make 2 free throws in between each spot

Jordan Scoring Game (Go At least 1 Time):

- *Makes are plus 1
- *Misses are minus 1
- *Spin the ball out behind the 3 point line and make a 1 on 1 move of your choice
- *Attempt 4 lay-ups, 4 pull-ups, and 4 threes
- *Try and improve your score each time you play!

5 Main Spots

