

## **Wayzata Perimeter Moves Workout #2**

### **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***

### **Jab-Shot Fake-Go:**

**(Attempt all 6 shots from each of the 5 spots)**

- \*Jab left, shot fake, and explode left for a 1 dribble lay-up
- \*Jab left, shot fake, and explode left for a 2 dribble pull-up
- \*Jab left, shot fake, and explode left for a 1 dribble pull-up
- \*Jab right, shot fake, and explode left for a 1 dribble lay-up
- \*Jab right, shot fake, and explode left for a 2 dribble pull-up
- \*Jab right, shot fake, and explode left for a 1 dribble pull-up
- \*Make 2 free throws in between each spot

### **Shot Fake-Jab-Crossover:**

**(Attempt all 6 shots from each of the 5 spots)**

- \*Shot fake, Jab left, and explode right for a 1 dribble lay-up
- \*Shot fake, Jab left, and explode right for a 2 dribble pull-up
- \*Shot fake, Jab left, and explode right for a 1 dribble pull-up
- \*Shot fake, Jab right, and explode left for a 1 dribble lay-up
- \*Shot fake, Jab right, and explode left for a 2 dribble pull-up
- \*Shot fake, Jab right, and explode left for a 1 dribble pull-up
- \*Make 2 free throws in between each spot

### **Jordan Scoring Game (Go At least 2 Times):**

- \*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!

