



BETHEL BASKETBALL

"WE WILL EITHER FIND A WAY, OR MAKE ONE" - HANNIBAL

FIND SPACE (ONE LEG LAYUP)

OUR GOAL IS TO GET TO THE RIM AS FAST AS WE CAN OFF ONE LEG

- 1) EYES ON THE RIM
- 2) OPPOSITE HAND AGGRESSIVELY "POPS" BALL WHILE ON ONE FOOT
- 3) THE "POP" ALLOWS US THE FLEXIBILITY OF GOING OFF ONE LEG OR TWO
- 4) WHEN WE FIND OR FEEL SPACE, WE EXTEND OFF ONE LEG PROTECTING THE BALL WITH OUR FACE



MAKE SPACE (STRIDE STOP)

STRIDE STOP ALLOWS US TO PLAY WITH SPEED AND BALANCE WITHOUT MEASURING OUR STEPS

- 1) EYES ON THE RIM
- 2) OPPOSITE HAND AGGRESSIVELY "POPS" BALL WHILE ON ONE FOOT
- 3) THE "POP" ALLOWS US THE FLEXIBILITY OF GOING OFF ONE LEG OR TWO
- 4) SIT ON DEFENDER'S THIGH WITH A WIDE BASE (SET A SCREEN FOR YOURSELF)



UNTIL YOU FEEL THE MUSIC, YOU ARE JUST A STEP COUNTER