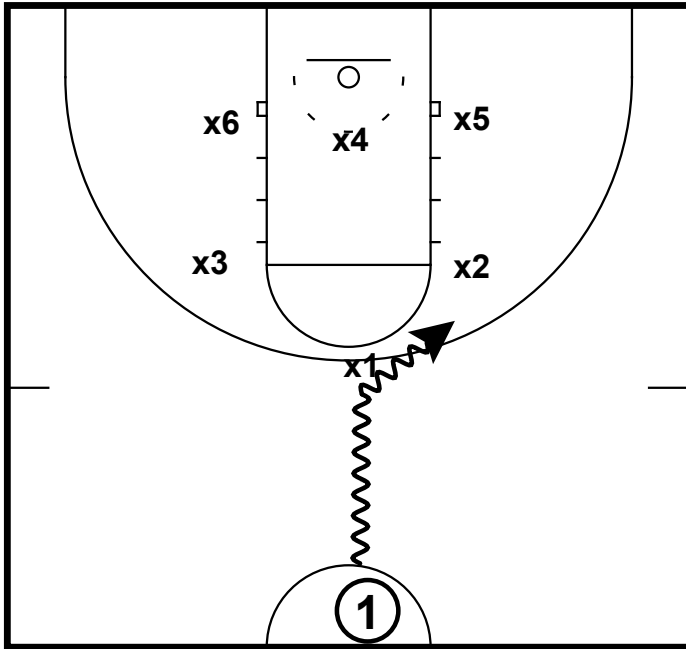


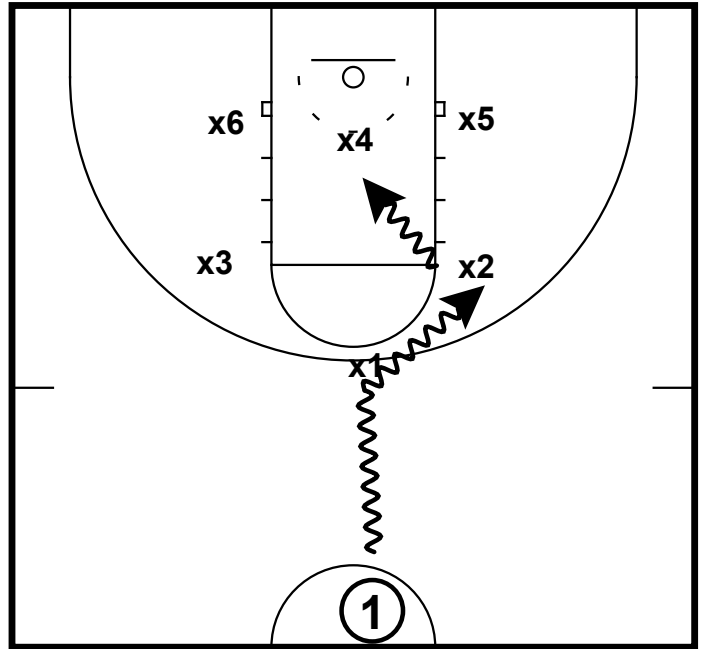
JOU Binder

Colorado Cone Drill
DRILL



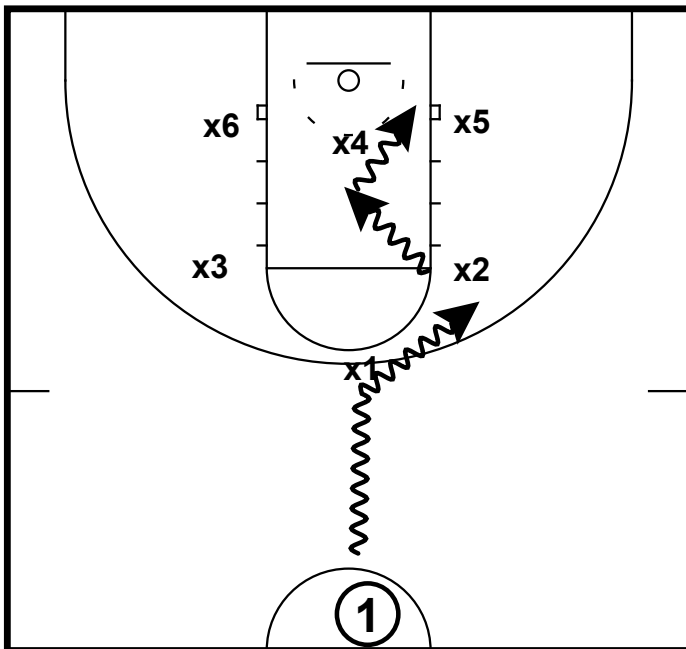
Speed Dribble to X1 Inside/Out Dribble (or other move) Shoot jumper Get own rebound & speed dribble back * do Right AND Left

Colorado Cone Drill
DRILL



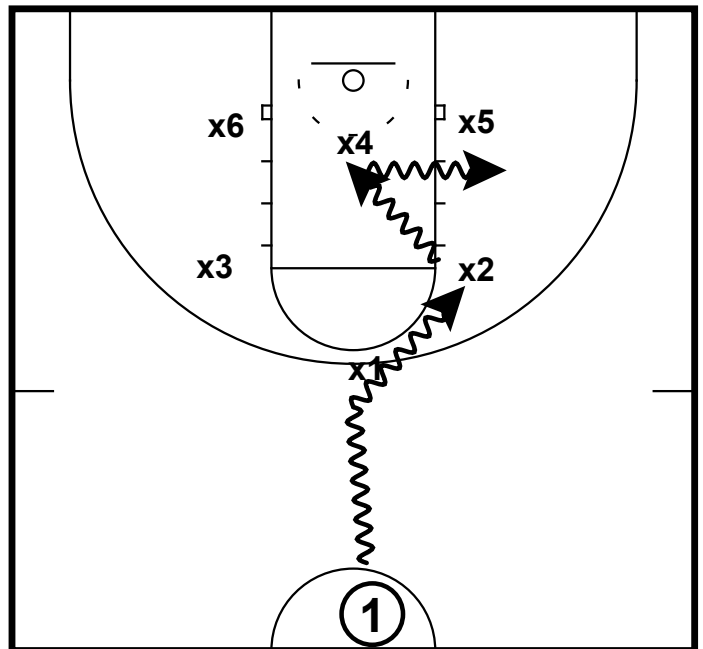
Same at x1 Then at x2 go thru legs (or back) and shoot jumper over x4

Colorado Cone Drill
DRILL



Same @ x1 Same @ x2 but spin on x4 and layup

Colorado Cone Drill
DRILL



Same @ x1 Same @ x2 Same @ x4 but Stepback jumper over x5 (or stepback / blow by)