



My Turn Basketball with Coach Sullivan

Level 1 #MyTurnL1

Ball Handling #MyTurnL1BallHandling

Not Yet

Ok

Got it

cross over with proper footwork - step push			
between legs - turn both feet			
spin with ball - not switching hands			

Footwork & Coordination #MyTurnL1Footwork

Not Yet

Ok

Got it

jump stop			
skipping			
reverse pivot			
left hand layup			
right hand layup			
front pivot with diamond the ball			
turn in for shot with right foot			
turn in for shot with left foot			

On-Catch #MyTurnL1OnCatch

Not Yet

Ok

Got it

on-catch left right (right hander)			
catch: 2/3 dribbles right then shot, left right			
catch: 2/3 dribbles left then shot, right left			
catch: go right for layup			
catch: go left for layup			
catch: one dribble right shot			
catch: one dribble left shot			

Shooting #MyTurnL1Shooting

Not Yet

Ok

Got it

	Not Yet	Ok	Got it
hand back on catch			
follow through over front of rim			
open guide hand			
elbow to eyebrow on follow through			
control of forearm: less push more extend			
hold shot			

MyTurnBasketball.com w/ CoachSullivan.com

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