



My Turn Basketball with Coach Sullivan

Level 2 #MyTurnL2



Footwork #MyTurnL2Footwork	Not Yet	Ok	Got it
small slides footwork for defense and handle			

Finishing #MyTurnL2Finishing	Not Yet	Ok	Got it
reverse layup			
spin to front of rim			
jump stop into lane			
jump stop fake			
jump stop up and under			
drive baseline jump stop by defender to front of rim			

One-on-one moves w/ ball #MyTurnL21on1	Not Yet	Ok	Got it
hesi with use of off hand			
hesi- cross with use of off hand			
between legs			
between legs cross			
double cross front			
double cross between legs			

On-Catch #MyTurnL2OnCatch	Not Yet	Ok	Got it
catch: reverse pivot, shot			
catch: diamond ball, shot			
reverse pivot then layup both r & l			
diamond the ball then layup both r & l			
catch: rev pivot, jab, pull back go r & l			
catch - ball fake go r & l			



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Transition #MyTurnL2Transition	Not Yet	Ok	Got it
pull up for 2 and 3			
between legs as a gather then shot			
inside out			
on run, catch, around defender, layup r & l			

Mid-post/Post #MyTurnL2MidPost	Not Yet	Ok	Got it
catch mid-post feet parallel to f.t. line			
face up - shot			
face up and go r & l			
face up - fake and go r & l			
jump hook right and left			
catch: crab dribble jump hook			
catch: crab dribble spin back			

Shooting Situations #MyTurnL2Shooting	Not Yet	Ok	Got it
catch and shoot			
fade			
step back			
rip, go full speed baseline - use lead foot to stop and pull-up			

Pick and Roll #MyTurnL2PickRoll	Not Yet	Ok	Got it
coming off with ball and no ball - pull up			
pop and shot			
pop and drive middle with fake one dribble one two up			
pop and drive baseline			