



My Turn Basketball with Coach Sullivan

Level 3 #MyTurnL3

Finishing #MyTurnL3Finishing	Not Yet	Ok	Got it
euro			
floater one foot r & l			
floater off two feet r & l			
hard, violent ball fake off the dribble			

One-on-one moves w/ ball #MyTurnL31on1Ball	Not Yet	Ok	Got it
skip – lateral movement, r & l			
skip then cross or skip between legs cross r & l			
between legs skip, use off hand			
between legs skip then cross back, use off hand			
hesi pull-up r & l			
double cross between legs then between legs			
use of half turn			

On-Catch #MyTurnL3OnCatch	Not Yet	Ok	Got it
jab, fake shot and go			
fake shot, jab, shot			
go over top of low defender			
sweep under high defender			
rip to floater, catch moving up wing			
double jab – 2 nd jab pull ball to leg			
jab spin back			
shimmy and go			
step into defender for space and go r & l			



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Transition #MyTurnL3Transition

	Not Yet	Ok	Got it
switch hands - jab and go r & l			
step out/push ball out and cross back r & l			
two angles offensive – middle drive r & l			
two angles offensive - baseline drive r & l			

Mid-post/Post #MyTurnL3MidPost

	Not Yet	Ok	Got it
face up: jab - one two over front of rim			
face up: rip and drive baseline			
step out: use of on the catch moves			
spin off the elbow in the back			

Shooting Situations #MyTurnL3Shooting

	Not Yet	Ok	Got it
slide and shoot			
re-locate corner - drive and drift			
back screen pop up - proper footwork			

Pick and Roll #MyTurnL3PickRoll

	Not Yet	Ok	Got it
slide back: pull up			
slide back: hesi // inside out and go			
pop: continue varied moves to hoop but add varied finishes from reverse - spins			
pop: one dribble moves			