

## RIP SERIES

## JAB SERIES

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| <p>Teaching Point: when being tightly guarded, or receiving a bad pass, the outside foot has to become the pivot foot.</p> <ul style="list-style-type: none"><li>● Outside hand is the target</li><li>● Turn and rip the ball</li></ul> | <p>Teaching Point: when able to catch off a V-Cut or Screen, the inside foot is the pivot foot. Hence, “Jab + Go!”</p> <ul style="list-style-type: none"><li>● Plant inside foot and square up</li><li>● Think “shoot” coming off screens!</li></ul> |
| 1. Rip and Go   | 1. Jab and Go  |
| 2. Rip and Crossover  | 2. Jab and Crossover   |
| 3. Rip and Jumper   | 3. Jab and Jumper  |

*\*We want to prepare our players for all situations.*

*\*Execution of the Drills: Players can flip the ball out or receive a pass from a partner and/or coach. (10 reps of each)*