

Crossover Jab

Used when attacking a defender.

Step 1: Cross the ball over from your outside hand to your inside hand.

Step 2: As soon as you make the crossover, make a hard jab at the defender's outside ankle with your outside foot. Usually will be around 45 degree angle on the jab.

Step 3: If your defender reacts to the jab, by sliding to the outside, get your inside foot past the defenders inside knee and explode past shoulder to hip.

Additional notes: Make sure your crossover is below your knees and out of the defenders reach.