

Inside out Freeze J

Used when attacking a defender.

Step 1: While dribbling with your outside hand make a hard violent jab with your inside foot at the defenders inside ankle. Simultaneously, shift the ball to the middle of your body. (Keep your hand on top of the ball) Sell the move by throwing your shoulders to the inside.

Step 2: If the defender stays with your dribble, jab your outside foot forward as if you are going to explode past the defender.

★ **Step 3:** As the defender opens up their stance to cut off your driving angle, bring your inside foot forward, explode up on balance and knock down the pull up jumper.

Additional notes: You must be on balanced with your feet. The same shooting techniques apply to this move. If you have to rush the shot, you aren't open.