

Hip Swivel

Used when the defender is pressuring you .

Step 1: While dribbling with your outside hand, get you back to the sideline.

Step 2: Pound the ball with your outside hand and simultaneously flip your hips to the rim. Almost bringing your feet to a runners stance.

Step 3: As the defender presses up on your non ball hip, explode past shoulder to hip. Push off your foot that is back (non-ball side foot) to create maximum explosion.

Additional notes. If the defender stays with the ball once you perform the move, simply make a quick crossover and attack them that way.