

Hesi; Pull- Up

Used when attacking a defender.

Step 1: Start the ball in your outside hand.

Step 2: Make a slow pound dribble, as if you are done attacking the defender.

Step 3: After your pace dribble, throw your outside foot downhill, selling your drive.

Step 4: As the defender drop steps to cut off your drive, bring your inside foot even with your outside foot, get on balance, and knock down the jumper.

Additional notes: Even with your pace dribble, you must stay low. Make sure when you throw your outside foot downhill, you do not overextend and get off balance.