

# ***Wildcat Basketball 47 Day Challenge***

## **Skills List**

<p><b><u>Ball Handling</u></b></p> <p>Stationary 1 Ball  Stationary 2 Ball  Cone Dribble  Moving 1 Ball  Moving 2 Ball  Box Drills</p>	<p><b><u>Shooting</u></b></p> <p>Catch a Shoot  Spin and Shoot  Toss and Shoot  Across the Lane  Elevate Cut  Wing Bank Shots  Free Throws</p>	<p><b><u>Pull up Jumpers</u></b></p> <p>Rip and Go  Pump Fake Side Step  Fake Rip and Go</p>
<p><b>Finishing Moves (Ice Lay Ups)</b></p> <p>Inside Foot / Outside Hand  Inside Foot / Inside Hand  Outside Foot / Inside Hand  Outside Foot / Outside Hand  2 Foot Plant / Outside Hand  2 Foot Plant / Inside Hand  Front of Rim w/ Right Hand  Front of Rim w/ Left Hand  Reverse Lay Up Facing Basket  Reverse Lay Up Facing Free Throw Line</p> <p>Do both sides of basket  Can do off of dribble or pass</p>	<p><b>Post Moves</b></p> <p>Mikan  Reverse Mikan  Drop Step  Jump Hook  Up and Under  Reverse Pivot  Double Drop Step  Tip Ins</p>	<p><b>Pro - Post Moves</b></p> <p>Face Up Jumper  Reverse Pivot Jumper  Rip and Go  Power Dribble Jump Hook  Power Dribble Up and Under  Power Dribble Spin Back</p>

***Use this list to build your individual Workout***