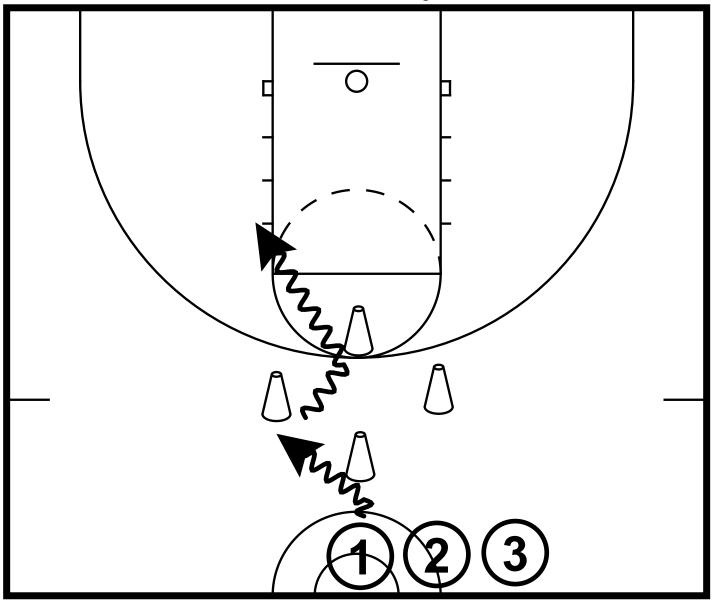
Plymouth Panthers

Diamond Cone Ball Handling and Finish



* Cones in a diamond pattern with the top cone at the top of the key.

* Everyone with balls, just inside half court

* First person in line will attack the first cone with their right hand. They will cross over to the left. Attack the left cone and cross over, attack the top cone and cross over.

 * They will finish with a pull up jump shot.

* The next person in line will start when the person in front of them gets past the cones. The will start with the left hand and cross over to the right.

* When the leader comes back to the front of the line, Give them a new move. They will now start out attacking with the left hand.

<u>Moves</u>

- 1. Cross Over
- 2. Between the legs
- 3. Behind the back

4. Attack and Retreat

Different Ways To Finish

1.1 Foot Lay-Up

- 2. 2 Foot Power Lay-Up
- 3. Pull Up Jump Shot

4. Runner/Floater

