

KC ELITE HOME TRAINING VIDEO APP

1: PERFECT FORM SHOT

1	Intro: Perfect Form Shot- 3 steps
2	Drill 1: Chair Sitting Form Shot- 100 Reps Daily
3	Drill 2: Off the Glass Form Shot- 100 Reps Daily
4	Drill 3: Perfect form (3-5 Ft) Swishes Only- 100 Reps Daily
5	Drill 4: Form 15ft Jump Shot- 100 Reps
6	Drill 5: Quick Bounce Quick Shot Rt /Lt Dribble
7	Drill 6: Quick bounce Cross Quick Shot

2: CONE STRAIGHT LINE DRIBBLE SERIES

1	Front Crossover
2	Thru the legs Crossover
3	Behind Back Crossover
4	Front Jab Double Cross
5	Double Thru The Legs Cross
6	Front Cross-Thru Leg- Behind Back Mix

3: CONE ZIG ZAG DRIBBLE SERIES

1	Front Crossover
2	Thru the Legs: Full Speed Eyes Up
3	Behind Back Crossover: Full Speed Eyes Up
4	Spin Dribble (Pull Back Dribble)
5	Back Up Dribble- Full Speed Eyes Up

4: CONE SPEED DRIBBLE SERIES

1	Hesitate Stop N Go
2	Hesitate Jab N Go
3	Jab In-N-Out Dribble
4	Jab Double Front Cross
5	Double Cross- Thru the Leg/Front Cross
6	Double Cross: Double Thru the Leg
7	Double Cross: Thru the Leg - Behind the Back
8	Double Cross: Double Behind Back

5: DRIBBLE HANDLE SERIES: STRAIGHT LINE

1	2 Dribble: In-N-Out - Rt/Lt Handed
2	Low Dribble Side to Side Crossover
3	Rt Hand Around Rt Leg - Lt hand Around Lt Leg
4	Rt hand thru left Leg - Lt hand thru Right Leg

5	Thru both legs Forward
6	Thru both legs Backwards
7	Thru the Leg Behind the Back
8	In-N-Out and Crossover
9	1 Bounce Forward Stop N Drop Behind Back
10	Stop drop behind the back- cross thru leg- 1 bounce forward
11	Double Behind back- Rt/Lt Handed

6: STATIONARY DRIBBLE

1	In/Out Dribble Lt/Rt Hand
2	Side to Side Cross: Low body Low Dribble
3	In/Out Crossover
4	Double Thru Leg with a hesitation
5	Scissor Dribble
6	Behind back dribble
7	Front Cross Back Cross - Both Ways
8	Thru the Leg Dribble figure 8
9	Front Cross-Thru the Leg-Behind the back
10	Rt hand around Rt Leg / Lt Hand around Lt Leg
11	Figure 8 Reverse (Back to Front)
12	Double Front- Double thru Leg- Double behind back (Rt/Lt Hand Start)
13	In/Out Dribble Thru Leg Cross
14	In/Out Dribble Behind back Cross
15	Figure 8 Low Dribble

7: FINISH AT THE RIM

1	Lt Hand 1 foot step back
2	Mikan Layup Drill Rt/Lt Hand Finish
3	Reverse Mikan Layup Drill Rt/Lt Handed
4	Rt hand Layup- Left foot Jump
5	Lt Hand Layup- Rt Foot Jump
6	Rt Hand Reverse- Lt foot Jump
7	Lt Hand Reverse- Rt Foot Jump
8	Rt Hand Jump stop Power Layup
9	Lt Hand Jump Stop Power Layup
10	Euro Step- Right to Left Finish
11	Euro Step- Left to Right Step Finish
12	Lt Hand Power bounce Spin Rt hand Finish
13	Rt Hand Power bounce spin Lt hand finish
14	Right Hand Runner off Lt Foot jump
15	Left hand runner off Rt foot jump

8: DRIBBLE ATTACK MOVES

1	Quick Through the leg and go
2	In-n-Out Front Crossover
3	Thru the legs front Cross
4	Thru the Leg behind the back cross
5	Thru the leg Spin Dribble
6	Stop drop Behind back cross thru leg
7	Stop drop Behind back Hesitation cross thru leg
8	Side Dribble explode forward
9	Side dribble Hard Front Cross
10	Hesitate shot fake and go
11	Jab Jab Front Crossover
12	Switch hands Jab and Go
13	Switch hands- Jab Jab Front Crossover
14	Side Step Dribble Hesitation Cross thru Legs

9: MID RANGE SHOTS

1	Rip Thru 1 bounce Shot (1-2 Pull Up)
2	Attack bounce Behind the back step back
3	Attack Bounce- Back to front thru legs step back
4	Attack Bounce- front Pullback Crossover step back
5	Lt Hand Power bounce spin into Fade away jumper
6	Lt Hand Power bounce- Fake spin Shoulder fake- fadeaway jumper
7	Lt Hand Power bounce- Fake spin Shoulder fake- Shot fake- Step thru lay up
8	Inside Lt hand Fake Layup- Spin and shoot
9	Inside Rt Hand Fake Layup- Spin and Shoot
10	Rt Hand Jump Stop Power Jump Hook
11	Jump stop Shot Fake Fade away
12	Jump Stop- Shot Fake- Step thru lay up
13	Jump stop- Shot Fake- Reverse Pivot Layup
14	Dribble in Step back Jumper

10: LOW POST MOVES

1	Pivot Jump Hook (Rt/Lt Hand)
2	Front Pivot Lt Hand Jump Hook
3	Front Pivot Shot Fake Step Thru
4	Front Pivot- Shot fake- Step Thru 2
5	Power bounce Drop Step Rt Hand
6	Power Bounce Drop Step Lt Hand
7	Power Bounce-Jump Stop- Rt Hand Jump Hook
8	Power Bounce- Jump Stop- Lt hand Jump Hook
9	Power Bounce Jump stop- Shot fake Reverse pivot- Lt hand Finish
10	Power Bounce Jump Stop- Shot fake Reverse Pivot- Rt Hand Finsish
11	Shoulder Fake- Fade away jumper
12	Lt Shoulder Fake- Fade away Jumper

13	Catch Reverse pivot Jumper
14	Catch- Reverse Pivot- Jab N Go- Jump Stop- Jump Hook
15	Reverse Pivot- Jab N Go Lt hand Finish
16	Rebound Keep Ball high Rt hand finish
17	Rebound Keep ball high Lt Hand Finish
18	Mikan Layup Drill Rt/Lt Hand Finish
19	Reverse Mikan Layup Drill Rt/Lt Handed

11: LEFT HAND ATTACK

1	Double Front Cross- Lt Hand Reverse Layup
2	Lt Hand In/Out Dribble Rt Hand Reverse Layup
3	Rt to Lt Quick thru legs- Jump Stop Lt hand Jump Hook
4	Rt to Lt Switch hands Jab N Go- Step Back Jump Shot
5	Power Bounce Spin Left hand Finish
6	Jump Stop- Shot fake - Step thru- Lt hand finish
7	Jump Stop Shot fake- Reverse Pivot- Lt hand Finish
8	Left Hand Dribble Left hand Layup Drill

12: RIGHT HAND ATTACK

1	Double Front Cross Rt hand Reverse
2	Quick Thru the Leg- Rt hand Attack- Left hand Reverse
3	Rt Hand In/Out- 1-2 Stop shot fake Layup- Reverse spin Shot
4	Lt Hand In/Out Cross- Jump Stop Rt Hand Jump Hook
5	Lt Hand Power Bounce Spin- Rt Hand Finish
6	Jump Stop- Shot Fake- Step Thru - Rt Hand Finish
7	Jump Stop- Shot Fake- Reverse Pivot- Rt Hand Finish
8	Rt Hand Layup Rt hand Dribble Circle Drill

13: 2 BALL STATIONARY HANDLES

1	Together/Alternating Dribble
2	Rt Hand Around Rt Leg - Lt Hand Around Lt Leg
3	2 bounce Together- Rt Hand Rt Leg - Lt Hand Lt Leg
4	Side to Side Dribble
5	2 Ball In/Out Dribble
6	2 ball Figure 8
7	Front Cross Back Cross together
8	In/Out Circle Bounce

14: 2 BALL RUNNING DRIBBLE

1	Speed Dribble- Together
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2	Speed Dribble- Alternating
3	Zig Zag Front Cross Dribble
4	Zig Zag Thru the Leg
5	Zig Zag Behind the Back
6	Circle In/Out Dribble
7	Rt Hand Around Rt Leg- 2 Ball Running
8	Lt Hand Around Lt Leg- 2 Ball Dribble

15: 2 Cross into 1 Cross

1	(Wing) Double Front Cross into Jab Front Cross
2	(Wing) Thru the Leg- Front Cross into Thru the Leg and Go
3	(Wing) Thru the Leg- Behind the Back into Behind the back and go
4	(Wing) Double Thru the Legs into Quick thru the leg and go
5	(Wing) Hard Drop behind back- hesitate quick thru the legs into power bounce spin Jumper
6	(Wing) Double Behind the Back into Jab Front Cross
7	(Wing) Thru the Leg and Spin into a Jab Front Cross
8	(Wing) In/Out dribble front Cross into Quick thru the legs and go
9	(Sideline) Speed Dribble- Square Up- Double Front Cross- Into Jab Front Cross
10	(Sideline) Speed Dribble- Square Up- Thru the Leg Front Cross into Quick Thru the Leg and Go
11	(Sideline) Speed Dribble- Square Up- Stop Drop behind the back front Cross into Behind the back and Go
12	(Sideline) Speed Dribble- Square Up- Stop Drop behind back quick thru the leg into Spin dribble and Go

16: 1 BOUNCE PULL UP FOOTWORK

1	Triple Threat- Rip Thru Left- Step - Step - Jump Stop - Quick Chin
2	Triple Threat- Rip Thru Right- Step- Step- Jump Stop- Quick Chin
3	Triple Threat- Rip Thru Right- Step- Step back- Jump Stop - Quick Chin
4	Triple Threat- Rip Thru Left- Step- Step Back- Jump Stop- Quick Chin
5	Triple Threat- Rip Thru Right- 1-2 Step Pull Up
6	Triple Threat- Jab Step across into 1-2 Pull Up
7	Triple Threat- Rip Thru Left into 1-2 Pull Up
8	Triple Threat- Jab Step across- Step Back Pull Up

17: SIDE STEP SERIES

1	Lt Hand Side Step Dribble - 1 Attack bounce - Explode Forward
2	Lt Hand Side Step Dribble - Attack Bounce - Power Bounce Spin
3	Lt Hand Side Step Dribble- Jab In/Out Dribble - Step Back shot
4	Lt Hand Side Step Dribble - Hesitation- Explosion Front Crossover
5	Lt Hand Side Step Dribble- Front Cross Over- Power Bounce Spin - Shot
6	Lt Hand Side Step Dribble - Hesitation - thru the leg cross
7	Rt Hand Side Step - Hesitation- 1 Attack Bounce
8	Rt Hand Side Step Dribble- Hesitate- Attack Bounce - Power Bounce Spin
9	Rt Hand Side Step Dribble- Jab - In/Out Dribble Step Back

10	Rt Hand Side Step Dribble - Hesitation - Hard Front Cross
11	Rt Hand Side Step Dribble - Hesitation - Hard Front Cross- Power Bounce Spin
12	Rt Hand Side Step - Hesitation - Thru the Leg Cross
13	Rt Hand Side Step Dribble - Pull Up Jumper

18: PARTNER POWER PAD DRILL

1	INTRO: Power Pad Drill
2	Rt Hand Power Dribble - Jump stop - Power Layup
3	Rt Hand Power Dribble - Jump Stop - Spin Away - Fade Away Shot
4	Rt Hand Dribble - Defense Cut off- Power Bounce Spin - Lt Hand Finish
5	Rt Hand Dribble- Hit - Lt Foot Step Back
6	Lt Hand Dribble- Jump Stop- Power Layup
7	Lt Hand Dribble- Jump stop - Pivot Away - Fade Away
8	Lt Hand Dribble - Defense Cut Off - Power Bounce Spin - Rt Hand Finish
9	Lt Hand Dribble - Shoulder Hit - Rt Foot Step Back
10	(Baseline) Intro: Power Pad Drill
11	(Baseline) Defense Cut off- Power Bounce Spin
12	(Baseline) Lt Hand Dribble - Big Hit Power Layup
13	(Baseline) Rt Hand Dribble- Shoulder Hit Pad - Step Back Shot
14	(Baseline) Rt Hand Dribble- Jump stop - Shoulder hit - Rt Hand Jump Hook