

Go To and Counter Moves

The following is a list of moves and counter moves that players should develop in pairs.

Dribble moves

Go to move:

Crossover dribble

Crossover dribble with hesitation

Pullback crossover dribble

Counter move:

In-out dribble

Hesitation-accelerate

Pullback and go

Post moves

Baseline drop step

Turn and shoot

Mid-lane drop step

Jump hook to the middle

McHale move (up and under)

Catch and score baseline

It should be noted that the “catch and score” move requires that the post player obtain and hold position that will allow the post player to catch the ball and score.

Perimeter moves

Three point shot

Three point shot

Three point shot

Drive to the goal

Shot fake and drive

Drive to the goal in one dribble

Shot fake and drive to the goal

Shot fake, cut-off and mid-range shot

Three point shot

Three point shot

It should be noted that the best weapon the outside shooter can have is a penetration game. The best weapon the penetrator can have is an outside shot.



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