

## A LevelUP Basketball Training.

### “100 Moves Every Basketball Player Should Be Able To Do.”



It is no secret being an offensive threat to teams/games requires creativity and multiple skills and abilities to score. A LevelUP Basketball Training “Top 100 Moves every basketball player should be able to do” is not an exhaustive list but an excellent place to start. Each move should be done in control, at a high speed and from game “SPOTS” on the court, players should not execute all the moves from one location on the court. Also, below is recommend the required skill level, each basketball player should be able to execute these moves, wherever they are in their basketball journey, from novice to professional, each player, with this list, has the ability to take their game **A-Level-Up!**

For more training tips visit [www.alevelupballstrength.com](http://www.alevelupballstrength.com)

#### Category of Players/Skill level

**Novice:** Courage to try

**Beginner:** perform 10 - 20 repetitions of each

**Intermediate (Avg):** perform 10 - 20 perfect reps.  
6/10 made shots/moves.

**Advanced:** perform 20 -50 perfect reps  
8/10 made shots (consistently)

**Pro:** perform 100 -500 perfect reps  
9/10 made shots (consistently)

#### 100 MOVES LIST

1. Pound drill
2. Dribble while running with the ball
3. Crossover dribble
4. Between the leg's dribbles
5. Behind the back dribble
5. Pull back drill dribble
6. In and out dribble
7. Wrap around dribble
8. Stop and Go dribble
9. Drop and Go dribble
10. Drop - Go and Stop dribble
11. Hesitation Dribble
12. Quick stutter feet dribble
13. Change of direction dribble
14. Float dribble

15. Spin move dribble
16. Spin move into a Bounce Off
17. jab dribble
18. Double crossover dribbles - consistency
19. Jordan Dribble
20. Retreat Dribble
21. Jab
22. Double Jab
23. Long jab
24. jab and Go
25. jab and cross step
26. Forward Jab and Go
27. forward Jab into Jab/Spin
28. Shot fake
29. Jab and Shot Jab
30. Shot Fake and Shoot
31. jab and Shoot
32. Sidestep and Shot
33. Dribble crossover step and shoot
34. Retreat Dribble and Shoot
35. Bounce Off and Shoot
36. Bounce Off into shot fake and step through
37. Bounce off and into (Dribble Moves)
38. Jab into Crossover dribble
39. Dribble - Drop and Shoot
40. Jab - Bounce off - Fake Pick and- Drive
41. Layups (R/L)
42. Euro Step
43. floater
44. Contact Floater/ Contact Layup
45. high off the glass Layup
46. 2Foot Stop Layups
47. Reverse Layups
48. Up and Under Layup
49. Up and Over Layup
50. Jamal Crawford Layup
51. Inside Hand Layup
52. Scoop Layup
53. Drop Step
54. Outside the Key STOP Floater
55. Drop Step/Fake - Power Layup
56. Drop Step Turn Around Shoot
57. Bank Shot
58. Drop Step /Cross Step Shoot
59. Step Back
60. Face Up, Shoot



61. Face Up, dribble Spin
62. Pound Dribble Shoot
63. Two Hand HARD Pound shoot
64. shoot off One Dribble
65. Shoot off Combination Dribble
66. Shoot off Catch and Shoot
67. Shoot off Catch and Shoot Movements
  - curls
  - retreat
  - cuts
  - floats to corners
  - hand offs
68. Shoot with Distraction
69. Shoot with contact
70. Shoot off ONE foot
71. 3pt Shooting
72. 3pt Shooting off the dribble
73. 3pt Shooting Dribble Combinations
74. Dribble Crossover Pickup Shoot
74. Dribble around the waist -Pickup Shoot
75. Dirk Pickup and Shoot (1 legged)
76. Layups - inside Hand/outside Foot finish
77. Layups- outside Hand/Inside Foot Finish
78. Reaction - claps and dribble changes
79. 2ball dribbling
80. 2ball Crossovers
81. 2ball Layup Finish
82. Kobe Spin
83. Pro Hop
84. Toss 1ball/Shoot Other Ball/catch 2ball and shoot
85. Finger Roll/Jelly
86. PG hold-off into shot//drive
87. PG curl around screens dribble
88. Delayed Crossover (WIDE- KD)
89. Fade away
90. Runner in the Lane
91. passing through double team
92. Behind the back passes
93. 30 secs or less Champion
94. 10 secs Down and back
95. Agility ladders
96. Tennis ball coordination
97. Mental Toughness
98. Coachable
99. Good Character
100. Written Down Aspirations

