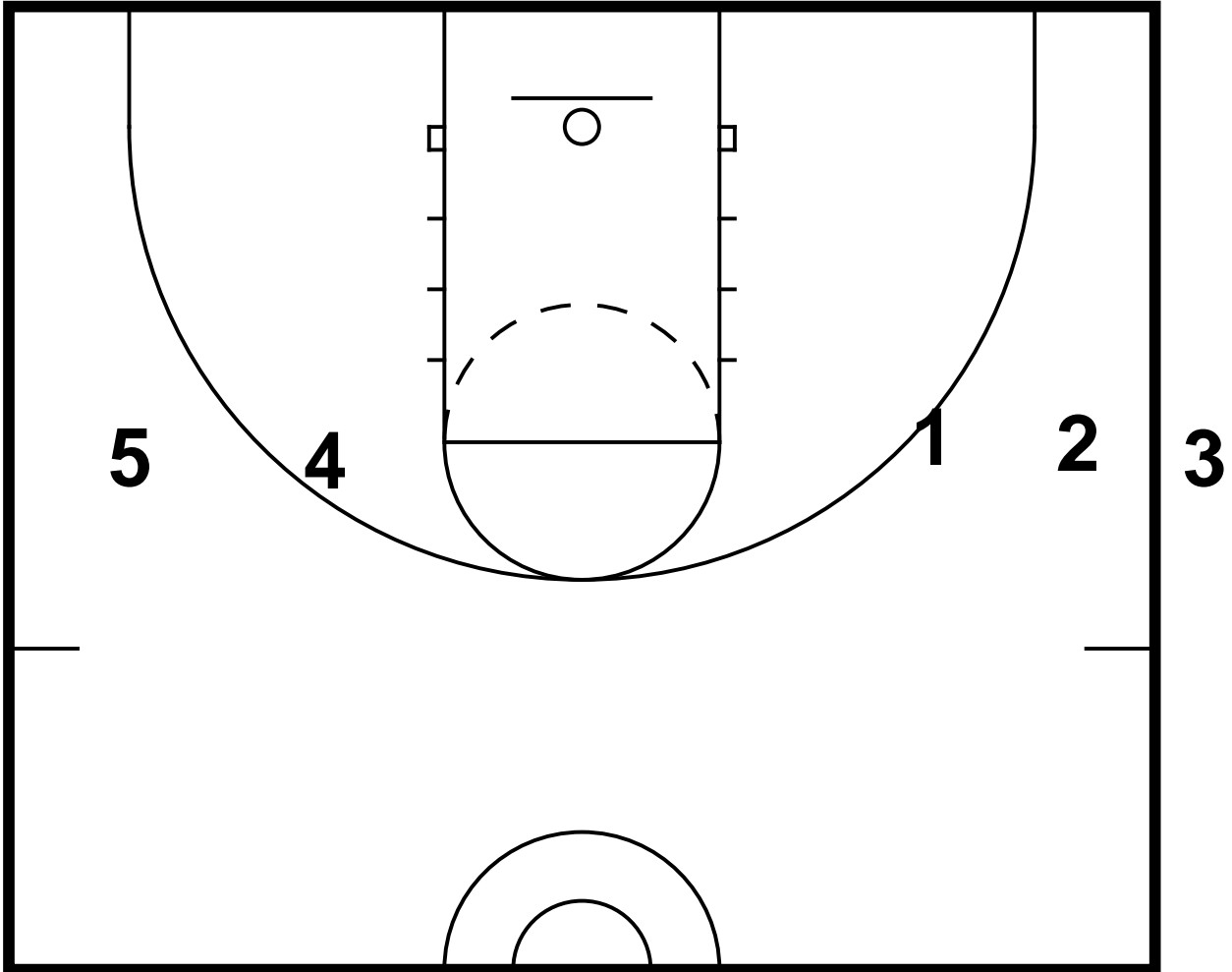


All in One Practice



Start with Lay-ups from pass
Backdoor Lay-ups on the ball-side block
Jumpers from the elbows
Crossover rip into lay-ups
Crossover rip into pull-ups
3's