

PLAY LOW

SKILL ACADEMY

Workout 4.28.20

Today's Focus: Kevin Durant Push Crossover

Ball Handling

- Watch [push crossover highlights](#)
- Warm-up with 2 rounds of: 10 ball slaps, 10 hard right dribbles, 10 hard left dribbles, 10 figure 8 in the air, 10 figure 8 with a tight dribble to the ground
- Work on push crossover for 12 minutes as follows:
 - Understand that the push crossover is a straight line move which is different from a regular crossover that is side to side.
 - The push crossover PUSHES the ball out across your body and ahead.
 - Your hand will be on top of the ball instead of the side when you perform it.
 - Be sure to plant your outside foot hard so you can make a quick change of direction.
 - Place a small object in your driveway and begin dribbling at it half speed and execute a push crossover. Work your right and left.
 - Increase speed to 75%.
 - Increase speed to 100%
 - At 100%, really work on planting your outside foot hard and pushing that ball ahead.

Scoring

Place a small object on the ground in front of the hoop 12-15 feet and complete the following:

- Dribble at the object with your right hand and complete a push crossover and finish with a left hand lay-up. Repeat until you become smooth and have made a total of 20 lay-ups.
- Dribble at the object with your left hand and complete a push crossover and finish with a right hand lay-up. Repeat until you become smooth and have made a total of 20 lay-ups.
- Shoot until you make 5 in a row self pass jump shots from 12-15 feet.

Quote of the Day

"Basketball is a lifelong game. You continue to learn from the game day in and day out, and all along the way, you get better." — Scottie Pippen