

## *Job Step Series*

The job step is one of the most efficient ways to create space and keep space. I want to go over 3 different job steps. Side jab, middle jab, cross jab. Something most players don't think about is when you jab, you have 2 different options with the basketball. You could go over the top or you could go low rip through. In this workout, we will work on both.

I want each player to start underneath the basket and spin the ball out to themselves. Catch on two feet facing away from the basket and reverse pivot. For this particular workout we will work on permanent pivot foot only. Right handed players pivot on your left foot and left handed players pivot on your right foot.

### *Side Jab*

When you jab, shift the ball hip to hip and keep the ball tight to your body, do not be loose with it. Shift your core as well as the ball. If you simply just move your feet, the defender will not bite on your jab. You have to make the defender believe you are going that direction. Now we want to attack the rim **after** the jab step. Your first step after the jab will be with the foot you jabbed with. You will take a *cross step* (a step across your body). Again, this is a quick way to create a shot for yourself while limiting your dribbles. You can also side jab and attack the same direction that you jabbed. So instead of taking the jab step then countering, you can jab right and go right as well.

### *Middle Jab*

Using the middle jab is an effective way to create space. You are going to turn your shoulders while stepping with your jab foot in between the defenders legs. This will cause the defender to back up slightly creating space and giving you more room to operate.

### *Cross Jab*

Like the middle jab, the cross jab is a good way to keep the defense honest. You will take your jab foot and step all the way across the defenders body, almost turning your back to them. This is a great way to set up a rip through and go or adding a side jab after the cross jab.

*Once you reverse pivot you will perform each jab variation step 5 times from all 5 spots on the floor (R corner, R wing, Top of the key, L wing, L corner).*

- **Side jab attack**
  - **Low rip through**
  - **High rip through**
- **Side jab same side attack**
- **Middle jab + low rip through**
- **Middle jab + high rip through**
- **Middle jab + side jab**
- **Cross body jab + low rip through**
- **Cross body jab + high rip through**
- **Cross body jab + side jab**