## DDM Workout - Attack the Rack!!!

Time	Drill	Time	Drill
6	Rack 2 Finishes	6	Drop 3 - Drives
	Power		Power
	Fade		Fade
	Floater		Floater
	Up n Under		Up n Under
	Triple Pivot		Triple Pivot
	Fake Wrap		Fake Wrap
6	Rack 3 Finishes	2	Free Throws
	Power	6	Blood 22 Rack 2+3
	Fade		Wraps
	Floater		Lobs
	Up n Under		Glass
	Triple Pivot	6	Blood 22 Drop 2+3
	Fake Wrap		Flash Rubs
2	Free Throws		Flash Rub Kick
4	Drop 2 - Kicks	6	Blood 33 Rt
	Backdoor		Freelance
	Shoot 3	6	Blood 33 Lt
4	Drop 3 - Kicks		Freelance
	Backdoor		
	Shoot 3		
6	Drop 2 - Drives		
	Power		
	Fade		
	Floater		
	Up n Under		
	Triple Pivot		
	Fake Wrap		
		60	Minutes! NO BREAKS!

This workout must be done with at least one partner but designed to be done with 6 players!