



# Teaching DBs How to Finish and Make Plays on The Ball

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 @LAMARCUSHICKS

# FINISH

- ESTABLISH A MINDSET: OUR BALL
- HOW TO ATTACK THE BALL
  - HIGHEST POINT
  - SEE THE NOSE OF THE BALL
  - AGGRESSIVE
- PRACTICE FUNDAMENTALS (DRILLS & CIRCUITS)
- KNOWLEDGE & INSTINCTS

# 3 PHASES OF A ROUTE

- PHASE 1: THE RELEASE
- PHASE 2: THE STEM
- PHASE 3: TOP OF THE ROUTE
  - BREAK POINT
  - FINISH



# PHASE 3

- CONTROL (IN PHASE)
- NO CONTROL (OUT OF PHASE)

# FINISH / T.O.R.

- **SHORT / INTERMEDIATE**

- **HOLD YOUR PEDAL!**
- **T-STEP (DOWNHILL, 45)**
  - **PLAY THE HANDS**
- **PIN & WHEEL**
- **PIN & FLATTEN (PRESS)**





# PIN & WHEEL



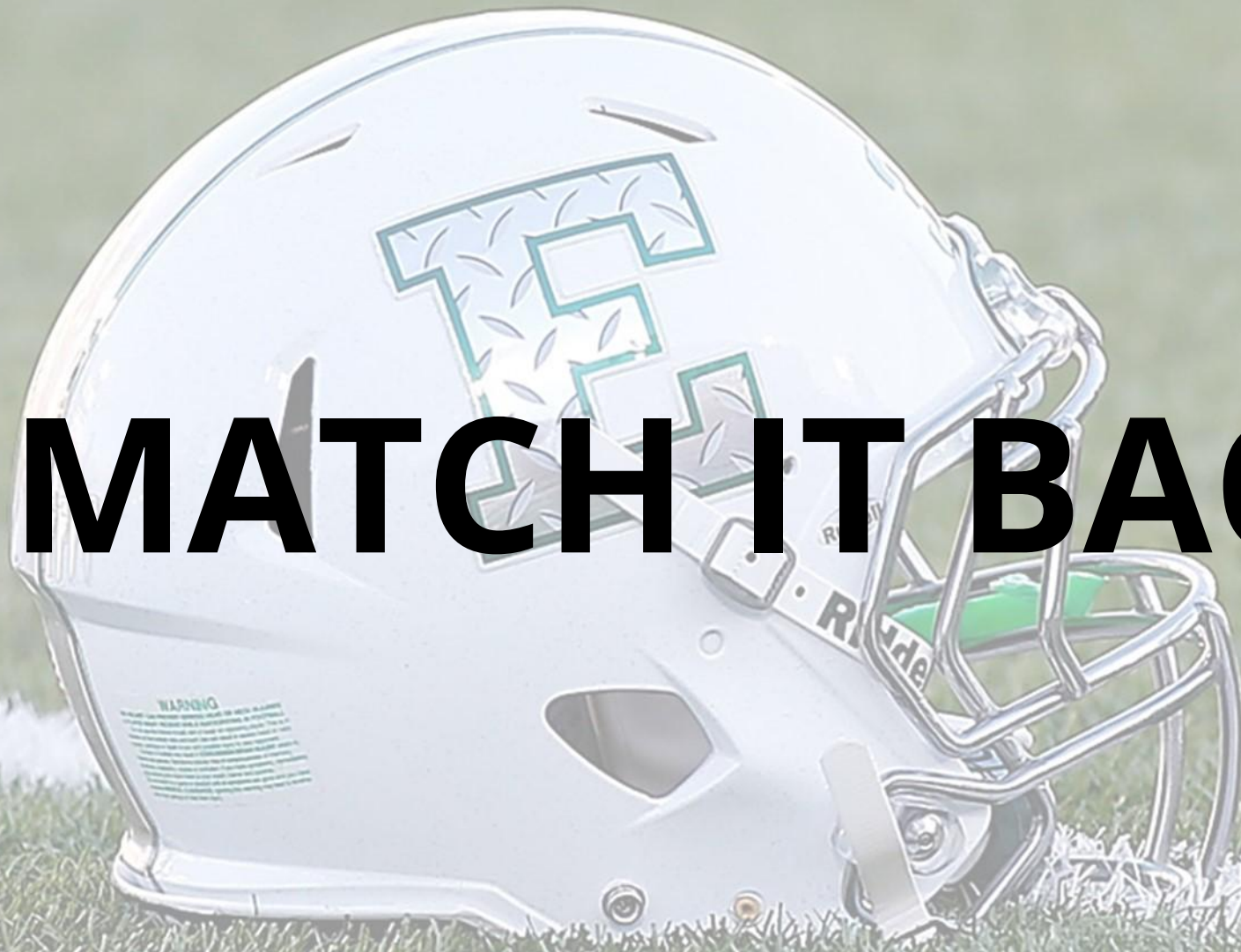
# **PIN & FLATTEN**

# FINISH / T.O.R.

- **DEEP ROUTE**

- **LEAN & LOCATE: CONTROL**
- **CHEST TO CHEST**
- **PIN & FLATTEN**
- **MATCH IT BACK**
- **PLAY THRU THE HANDS: NO CONTROL**





**MATCH IT BACK**



**PLAY THE HANDS**