

# POST WORKOUT

These workouts = 350 shots towards 10,000 shot club

## Dribble Warm Up

- 20 Ball Slaps
- 10 Around the world (feet to head back to feet = 1)
- 10 Figure 8s
- 10 Dribble figure 8s
- 1 ball:
  - R Hand up and back (jog, don't walk)
  - L Hand up and back (jog, don't walk)
  - Crossovers
  - Hesitation Crossovers
- 2 ball:
  - Together **half** and back (Keep it low)
  - Alternate **half** and back (rapid fire)
  - Crossovers **half** and back
  - Speed (push the ball out in front of you and sprint, you should be sweating and warmed up) up and back

## Passing: Partner up OR find a spot on the wall and practice these from 15' away

- 10 chest passes
- 10 R hand push pass
- 10 L hand push pass
- 10 R hand bounce pass
- 10 L hand bounce pass
- 20 L AND R touches (get close to the wall and tip up high with fingertips)

## Shooting Warmup

- Mikan – 20 makes
- Mikan reverse – 10 makes
- 5 FTs

## Mid Post Power Series (use both sides, 10 L and 10 R for each)

### **\*Meet the ball, don't wait for it to come to you**

- Power dribble drop steps
- 2 Baseline dribble reverse power up
- Power dribble middle hook
- Crab dribble middle baseline drop step
- Shimmy turnaround jump shot
- 2 – made FTs

## Forward Pivot Series (use both sides 10 L and 10 R for each)

### **\*Meet the ball, don't wait for it to come to you**

- Forward pivot middle jump shots
- Forward pivot middle up and under (use your power dribble, rip high and be STRONG)
- Baseline forward pivot bank shots (very similar to the shimmy turnaround)
- Baseline forward pivot up and under (use your power dribble, rip high and be STRONG)
- 2 – made FTs

## Reverse Pivot Series (use both sides 10 L and 10 R for each)

### **\*Meet the ball, don't wait for it to come to you**

- Reverse pivot middle jump shot
- Reverse pivot middle rip to hip and attack (layup or jumper)
- High post reverse pivot jumper
- High post reverse pivot shot fake attack

## 10 Mid-Range Jumpers (keep track down below)

### **\*Hold your follow through, hustle to all spots but shoot under control**

- 10 ea. short corner jumper
- 10 ea. high post jumper
- 10 FT line jumpers

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