

Big Man Workout

<u>Minutes</u>	<u>Drill</u>	<u>Notes</u>
7	2-Ball Dribbling	
18	Post Series	NO DRIBBLES
	Mikan	Front and Reverse
	Power Bangs	Keep it High 5 Rt& Lt
	Tips	Rt - Lt - Both
	Form Jump Hooks	make 15 Rt and Lt
	Jump Hooks	Base & Middle
	Face Ups	Base & Middle
	Up & Unders	Base & Middle
	Drop Steps	
	Dribble Drops	Only one that allows dribble
	Face up Series -Reverse out	1 dribble allowed
	Catch n shoot	
	Shot fake middle	
	Shot fake Baseline	
	Rip	No Dribble and Power Dribble
	Fake Rip (Knee) - Middle	
	Knee to Knee - Baseline	
5	Free Throws	NO ROUTINE - Just Shoot!
13	Post O	<i>Base to Score - Middle to Explore</i>
	Rip (Dive)	All Post feeds
	Rip-Skip-Seal	
	Rip-Skip-Flash	
	Duck ins	When Ball is Slot Opposite
	Duck-Spin-Lob	When Duck is Denied
5	Screens	High Screen and low read
	Hit (Curl)	Back to Ball
	Deny	Back to Ball
	Out	Roll
7	Ball Screens	Hold & Roll
	Drag	Duck in on Reversal
	Guard Drive	Slow to top!
5	Transition	Get Ball OB - Sprint to RIM
	10-7-5-3 to exit	Side Goals
60		