

## Post Player Workout:

DRILL	Min	Shots	DESCRIPTION
Jump Rope	5		
Form Shooting 1	5	30	Nose under rim, nothing but net. One hand only. Focus on releasing up.
Stretch	3		
Ball Handling	4		Dribbling; stationery and moving, 1-on-1 moves, etc.
<b>Mikan Drill</b>	1	20	Alternate left and right hand layups.
Free Throws 1	2	10	
<b>Reverse Mikan Drill</b>	1	20	Alternate left and right hand layups.
<b>Block-to-Block</b>	2	30	Alternate bank shots from blocks.
Free Throws 2	2	10	
<b>Turnaround Jumpers from Right Block</b>	2	20	Toss ball to self on block, turn and shoot. Alternate turning right and left. NO DRIBBLE! Catch it High - KEEP it High!!!
<b>Turnaround Jumpers from Left Block</b>	2	20	Same as above, only on left block. NO DRIBBLE! Catch it High - KEEP it High!!!
<b>Hooks Shots from Right Block</b>	2	20	Pass to self on right block, turn and shoot hook. NO DRIBBLE! Catch it High - KEEP it High!!!
<b>Hooks Shots from Left Block</b>	2	20	Pass to self on left block, turn and shoot hook. NO DRIBBLE! Catch it High - KEEP it High!!!
<b>Bank Shots</b>	2	20	Alternate bank shots from 10 feet out. NO DRIBBLE! Catch it High - KEEP it High!!!
Free Throws 3	2	10	
<b>McHale's (up and unders)</b>	2	20	Face, Fake, and duck under, alternate blocks and directions middle and baseline NO DRIBBLE!
<b>Garnett's (reverse out series)</b>	2	20	Reverse out series- Step back, fake shot drive, Rip, Fake rip Drive. Alternate blocks.
<b>Shaq's (power series)</b>	2	20	Drop-step, power dribble, and power up / Dribble Drop (HOOKS)
<b>Individual Choice</b>	3	30	Work your favorite shots and moves.
<b>Game Simulations</b>	4	20	Imagine specific game situations. Use <u>exact</u> same situation until you score 3 times. Then move on to a new situation. Do 10 pushups for 3 consecutive misses.
Free Throws 4 w/ Pressure	2	10	Do pushups 3x number of misses.
<b>Pressure Game</b>	3	30	Choose 1 of 3: <i>a. 10 on a string: You must hit 10 shots in row from the same spot. A miss doesn't count if you catch your rebound <u>before</u> it hit's the ground.</i> <i>b. 21: Jump shots are worth 2 points, misses are -1. Consecutive misses double in value (-2, -4, etc) See how quickly you can score 21.</i> <i>c. Golf: Choose 9 spots on the floor to choose from. You need to hit shots from each spot. Par is 27.</i>
Free Throws 5	13	60	
<b>Totals</b>	<b>68</b>	<b>440</b>	Time and shots are approximate