

Post Workout

1) Weak Hand warm up

- a. Make 5 weakhand reverse layups driving with weakhand from each wing (10 total layups)

7) Post Up Series

- a. Player spins ball to self in post, then execute a move—make 5 of each move
- b. Moves (always start midde; right of left block):
 - i. Hook Shot/Turn Around Shot
 - ii. Ball Fake→Hook Shot/Turn Around
 - iii. Ball Fake→Step Through
 - iv. Ball Fake→Step Under
 - v. Shaq Move
 - vi. Shaq Move→Step Under
 - vii. Face Up→Ball Fake→Explode
 - viii. Face→Jab→Explode
 - ix. Face→Jab→Spin

8) Half Court Mikan Drill

- a. make 5 Mikan layups; SPRINT to half court and back (leave ball under hoop)
- b. 5 trips (down and back)—make 5 each trip

9) Hooks in 2

- a. Start at block or 1st hash
- b. Turn over inside shoulder and make as many hook/turn around shots as possible in 2 minutes
- c. Repeat from both sides

10) Half Court Touch and Finish

- a. touch backboard 5x with ball then finish
- b. SPRINT to half-court and back (leave ball under hoop)
- c. 5 trips (down and back)—make 5 each trip (switch up sides of the goal)

11) Challenge someone to a game of 1v1 in the post if available. MAKE IT, TAKE IT

12) FT Swish

- a. Shooting from the FT line
- b. Swish=1 pt; Make that touches the rim=0 pts; Miss= -1;
- c. Get to 3 for win; if get to -3; run a ladder

“To get what you’ve never had, you must do what you’ve never done.”