

## "Perfect 10" Guard Workout

1. Make 20 Mikan layups.
2. Make 20 reverse Mikan layups.
3. Make 10 one handed perfect form shots (arm straight, follow through fingers to the floor).
4. Make 10 two handed perfect form shots (make sure off hand is a tomahawk chop)
5. Make 10 drives to the basket using the sweep and going right. **Swish every layup or it doesn't count.** (start by tossing the ball out)
6. Make 10 drives to the basket using the sweep and going left. **Swish every layup or it doesn't count.** (start by tossing the ball out)
7. \*Rest - Make 10 Free Throws.
8. Make 10 short jumpers after using a shot fake (ball up, body down, chin to eyes on your shot fake) and going right. (start by tossing the ball out)
9. Make 10 short jumpers after using a shot fake and going left. (start by tossing the ball out)
10. Make 10 three pointers from the top of the key.
11. \*Rest - Make 10 Free Throws
12. Make 10 three pointers from the right wing or baseline.
13. Make 10 three pointers from left wing or baseline.
14. Make 10 three pointers from your favorite spot.