

Basketball Workout – Post

40 Minutes total... will go faster with a passer!

10 Minutes Ball Handling

5 mins stationary ball handling

5 mins ball handling down court: cross overs, reverse pivots, inside-out, between the legs, behind the back.

-alternate 1 ball and 2 balls

10 Minutes Shooting Warm-Up

10 Mikan

10 Reverse Mikan

10 2 Ball Mikan

10 Free Throws

Post Shooting – 10 minutes

10 Shots from the Block – 5 each side

10 Shots from Mid-lane 5 each side

10 Shots from Elbow 5 Each side

10 Power Dribbles... 5 from each elbow one dribble “attack the rim”

10 Short Baseline... 5 each side, about 10 foot out

10 Shots from Wing – 5 each side... 15 foot shots

10 “Catch and Finish” ...Coming down the lane, catch ball and go right up

Post Moves – 10 minutes

10- Drop step baseline – 5 each side

10 – Drop step middle – 5 each side

10 – Inside pivot – Jab and Shot... 5 each side

10 – Inside pivot – Drive Middle (2 dribbles), drop step to outside

10 – High Post... Pump fake, 1 hard dribble...pull up

10 – High Post...Pump fake, Finish at the hoop