

## Post Workouts

**All Shooting sessions begin with Post warm up shooting**

**15 Mikan 15 reverse Mikan, 10 form J- Hook RT\LT, 5 spot Ladder shooting  
10 spin the ball to yourself hop n catch while checking middle RT\LT Block**

#1 All Post Moves except inside pivot spin ball to yourself, hop n catch check middle

- Pick a Circuit Workout
- 20 Quick Drops Baseline -Right Block and Left Block
- 20 Inside Pivot -Jump Shot RT and LT Block
- 20 Inside Pivot- Jab n Shoot RT and LT Block
- 20 Double Drop -Right Block and Left Block
- 10 Double Sweeps (anywhere on floor) mix up finishes

#2 All Post Moves except inside pivot spin ball to yourself, hop n catch check middle

- 8 Minutes Ballhandling 2 Balls
- 2 ball Dribbling to half court and back- 5 times through –pick an d mix moves
- Bank Game
- 20 Jump Hooks Baseline RT Block and LT Block
- 20 Drop and Hop Moves to middle Right and Left Block
- 20 Drop and Hop Jump Hooks RT Hand\RT Block and LT Hand\LT Block

#3 All Post Moves except inside pivot spin ball to yourself, hop n catch check middle

- 8 Minutes Ballhandling Drills 1 Ball
- Cone Dribbling 8 times, crossover, stutter, stutter crossover, behind the back
- 20 Turn and Shoot Step Through- RT hand\block and LT hand\block
- 20 Face Basket Moves -Right and Left Block
- 20 Inside Pivot- Jab n Cross, Jab n Double Drop RT\LT Block
- 10 Jab steps (anywhere on floor)- mix up finishes

#4 All Post Moves except inside pivot spin ball to yourself, hop n catch check middle

- Pick a different Circuit Workout from above
- X out – 2 times @ 8 makes each, 1 from elbows, 1 from wing
- 20 Quick Drops –Baseline Right Block and Left Block
- 20 Drop and Hop Moves to middle Right and Left Block
- 20 Face Basket Moves -Right and Left Block
- 10 sweeps (anywhere on the floor)- mix up finishes

#5 All Post Moves except inside pivot spin ball to yourself, hop n catch check middle

- Pick a different Circuit Workout from above
- Finishing 10 Step through, 10 big jump stops, 10 pull up jumpers, 10 creative
- 5 spot finishing- 3 times through
- Dribbling to half court and back, 5 times through- Pick and Mix moves
- Pitinos- 18 total, 6 each wing, 6 in the middle
- 1 vs 1 Block, Wing, Baseline or Top, Block, Wing or pick combination

