

Individual Workout – Post

Be meticulous in your reps and make sure that every rep is done correctly and with a purpose. The only way to get better is to work on this stuff with precision. Perfect practice makes perfect.

- **Footwork**
 - Spin ball out to yourself at elbow (Both sides - R + L pivot foot)
 - Dropstep (3x)
 - Outside Pivot - Shot Fake Attack (3x)
 - Outside Pivot - Jab and Go Opposite (3x)
 - Outside Pivot - Jab to Shot (3x)
 - Inside Pivot Attack (3x)
 - Inside Pivot - Jab and Go Opposite (3x)
 - Inside Pivot - Jab to Shot (3x)
- **Ball Handling**
 - Dribbling (Each move 3x)
 - RH In-Out – Cut Off – Get to 2
 - LH In-Out
 - R to L Crossover
 - L to R Crossover
 - R to L Thru the Legs
 - L to R Thru the Legs
 - R to L Behind the Back
 - L to R Behind the Back
 - Combo Moves (In-Out Cross/Cross Thru the Legs)
 - 2 Dribble Attack - 2 RH Back Dribbles RH In-Out
 - 2 Dribble Attack - 2 LH Back Dribbles LH In-Out
 - 2 Dribble Attack - 2 RH Back Dribbles R to L Crossover
 - 2 Dribble Attack - 2 LH Back Dribbles L to R Crossover
 - 2 Dribble Attack - 2 RH Back Dribbles R to L Thru the Legs
 - 2 Dribble Attack - 2 LH Back Dribbles L to R Thru the Legs
- **Shooting**
 - Miss a layup in a drill = Up and Back
 - Miss a FT in between = Up and Back
 - “Make 60”
 - 10 Form Makes
 - 10 Mikan/10 Reverse Mikan
 - 10 Bill Bradley’s
 - 10 Technique Jumpers
 - 10 Made FT’s
 - 4 Way Mikan Drill
 - Left Hand Glass
 - Right Hand Font of Rim
 - Right Hand Glass
 - Left Hand Front of Rim
 - Rebound Putbacks
 - Toss ball off backboard – Rebound (KEEPING BALL HIGH) and putback (10 on each side)
 - Toss ball off backboard – Rebound (KEEPING BALL HIGH) and shot fake putback (10 on each side)
 - Toss ball off backboard – Rebound (KEEPING BALL HIGH) and shot fake step thru putback (10 on each side)
 - 2 Ball Post (Make 8 Each Block)
 - 1 Ball on each block – Go back and forth

- o Drop Step: Baseline/Middle Hook Shot
- o Up and Under: Baseline/Middle
- o Quick Spin: Baseline/Middle
- o Turnaround Jumper (No fadeaway) Baseline/Middle
- WPI Rips (Both Wings)
 - Rip right layup (2x)/Rip left layup (2x)/Rip right pullup (2x)/Rip left pullup (2x)/Rip right get to 2 shot fake finish (2x)/Rip left get to 2 shot fake finish (2x)
 - Add Help Defender (Chair/Trash Can @ Block Area)
 - o Rip right layup (2x) – R to L Cross/ RH In-Out/Corkscrew hop (Get to 2 finish)
 - o Rip left layup (2x) - L to R Cross/ LH In-Out/Corkscrew hop
 - o Rip right pullup (2x) - R to L Cross/ RH In-Out
 - o Rip left pullup (2x) - L to R Cross/ LH In-Out
 - o Rip right get to 2 shot fake finish (2x) - R to L Cross/ RH In-Out/Corkscrew hop
 - o Rip left get to 2 shot fake finish (2x) - L to R Cross/ LH In-Out/Corkscrew hop
- 5 Spots (Midrange) – 5 Makes (Can't miss 2 in a row)
- Elbow to Short Corner Jumpers (Make 10 – Both Sides)
- Mid-Post Series (4 Spots – Midrange Wings/Elbows)
 - Catch + Face – Jab step Shot (Make 10)
 - Catch + Face – Attack top foot right (Make 5)
 - Catch + Face – Attack top foot left (Make 5)
- Lane Line to Lane Line (Sliding) 3's (Make 10)
- Walk up 3's: Each Lane Line
 - Start at Halfcourt and run up
- Flash to High Post Drill
 - Catch + Rip strongside
 - o Mix in shot fake
 - Catch + Rip weakside
 - o Mix in shot fake
 - Catch + Shot
 - Catch + Lob pass for Hi-Lo
- 4 Shot Post Drill
 - Start in short corner/on block for all shots
 - o Short Corner/Corner jump shot (Cut out from short corner; similar to guard penetration movement)
 - o Duck-In w/ Post move
 - o Wing jump shot (Cut out from short corner; similar to guard penetration movement)
 - o Elbow flash jump shot
- Finish Workout Drills
 - o Pitino Shooting
 - 3 points for a 3; 2 points for a pullup; 1 point for a layup
 - Shoot 1 3 ball; 2 pullups (Left/Right); 2 layups (Left/Right)
 - End with a 1 & 1 (both worth 1 point)
 - Add up total score
 - o Larry Bird 2 Minute Shooting
 - 5 Spots – Make 2 in a row at each spot
 - After you finish last spot – Sprint to top and make 10 3's
 - Must finish in 2 minutes
 - o Earn Your License (Need to Make 32/50 3x per week to earn License)

- **Round 1:** Spot Ups
 - Player will start at spot 1 (Corner) and move around the arc and back to shoot a total of 10 shots.
 - *Player is allowed to start the drill by making his first shot (Only Round 1)
 - **Round 2:** Cut-Into 3s
 - Player will start under the basket and make a cut into spot 1 (Corner) to shoot.
 - Player then cuts back under the basket end then to spot 2 (Wing).
 - This is repeated for all 5 spots, then the player will repeat the cuts starting at spot 5 (Opp. Corner). 10 shots total.
 - **Round 3:** Transition Wing 3s
 - Player will start at 1/2 Court and make a cut into the wing.
 - Coach is in the middle to pass.
 - The player will shoot 5 shots in a row from the right side, then shoot 5 shots in a row from the left side.
 - 10 shots total.
 - **Round 4:** Trail 3's
 - Player will start at half court and shoot a trail 3 at the top of the key. Coach will pass from the side. Player shoots 5 from the right and 5 from the left. 10 Shots total.
 - **Round 5:** Spot Ups
 - Same as Round 1 but the player does NOT start on make from spot. 10 Shots total.
- Finish workout w/ **50 Mikan in a row, 10 FT makes** (Can't miss 2 in a row)