

## Shooting Workout – Post

- **Shooting**
  - Miss a layup in a drill = Up and Back
  - Miss a FT in between = Up and Back
    - [Euro Form Shooting](#)
    - “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
        - Drop Step: Baseline/Middle Hook Shot
        - Up and Under: Baseline/Middle
        - Quick Spin: Baseline/Middle
        - Turnaround Jumper (No fadeaway) Baseline/Middle
    - Post Move Reps (Make 20 of each)
      - 2 Go-To Moves & 2 Counter Moves
        - Example: R + L Hook/R + L Up and Under & Turnaround Jumper/Fadeaway Jumper or ‘Dirk’ Fadeaway
    - 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)
        - Rip right layup (2x) – R to L Cross/ RH In-Out/Corkscrew hop (Get to 2 finish)
        - Rip left layup (2x) - L to R Cross/ LH In-Out/Corkscrew hop
        - Rip right pullup (2x) - R to L Cross/ RH In-Out
        - Rip left pullup (2x) - L to R Cross/ LH In-Out
        - Rip right get to 2 shot fake finish (2x) - R to L Cross/ RH In-Out/Corkscrew hop
        - 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
    - Mix in shot fake
  - Catch + Rip weakside
    - 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
    - Short Corner/Corner jump shot (Cut out from short corner; similar to guard penetration movement)
    - Duck-In w/ Post move
    - Wing jump shot (Cut out from short corner; similar to guard penetration movement)
    - Elbow flash jump shot
- Beat the Pro +10/-10
  - Made shot = +1
  - Missed shot = -2
  - Win when you are +10/Lose when you are at -10
  - Spots - Elbow to Elbow/Wing to Corner/Wing to Top of Key
- 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
  - Spots – Top/Each Wing
- 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
- Earn Your 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)