Post Player Shooting Workout - 355 Made Shots

It's not about the number of hours you practice, it's about the number of hours your mind is present during the practice - Kobe Bryant

Drill	Must Make	Date	Date	Date	Date	Date	Date	Date
Mikan Layups	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Reverse Mikan Layups	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Form Shooting: 1-Hand 3-Feet Out	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 1-Hand 5-Feet Out	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 2-Hand 3-Feet Out	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 2-Hand 5-Feet Out	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Block-to-Block Jump Shots Continuous	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Short Corner Jump Shots Continuous	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Low Post Right Block: Drop step	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Low Post Right Block: 1-Dribble Jump Hook	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Low Post Right Block: Up-and-Under	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Low Post Right Block: Reverse Pivot Jump Shot	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /

Low Post Left Block: Drop step	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Low Post Left Block: 1-Dribble Jump Hook	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Low Post Left Block: Up-and-Under	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Low Post Left Block: Reverse Pivot Jump Shot	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Elbow-Elbow Continuous	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
High Post Right Elbow: Shot Fake, 1-Dribble Layup	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
High Post Right Elbow: Shot Fake, 1-Dribble Spin Layup	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
High Post Left Elbow: Shot Fake, 1-Dribble Layup	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
High Post Left Elbow: Shot Fake, 1-Dribble Spin Layup	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Right Corner: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Right Wing: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /

Top of Key: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Left Wing: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Left Corner: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Right Corner: 3-Point Shot	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Right Wing: 3-Point Shot	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Top of Key: 3-Point Shot	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Left Wing: 3-Point Shot	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Left Corner: 3-Point Shot	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
TOTAL	355	355 /	355 /	355 /	355 /	355 /	355 /	355 /

Shooting Workout by Coach Mac
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