

Inside paint series

3 sets x 10 reps

- **Form shooting** https://youtu.be/UzcZl2_x1Ds

Mikan Series:

- **one leg Mikan** <https://youtu.be/5nSVR2LmYxs>
- **two leg Mikan** <https://youtu.be/KOWNigFCnBE>
- **Reverse Mikan** <https://youtu.be/wpfdCexRp5A>
- **Two ball Mikan** <https://youtu.be/nCYZ638aaog>

Do all drills on both sides:

Foot work from the block:

- **Drop step base line** <https://youtu.be/BZpeHEtFX1c>,
- **Drop step middle jump hook** <https://youtu.be/geBktK5oBLc>,
https://youtu.be/driv_KqtPNw
- **up and under** <https://youtu.be/CZuWUh58J7w>,

Short corner series: https://youtu.be/GOOgw_II-6U

- **jump shot**
- **shot fake drive to rim front jump hook**
- **shot fake drive rim front shot fake step through**
- **shot fake drive to 2ed hash spin-move**

High-post Series:

change up your finish moves, always finish strong but sometimes come to a jump stop and give a shot fake or two. Do not put the ball behind you.

- **elbow rip and drive same side,**
- **elbow rip and drive to other side of the rim**
- **elbow jump shot.**