

SHOOTING WORKOUT

POST

RULES:

- Catch ball from passer or throw to self
- Act like you're sealing someone - get low and be in an athletic stance with arms and elbows out to side
- CALL BALL EVERY TIME!

SERIES 1: BLOCK

5 each side (100 total)

Between block and first hash - show your hand where you want ball and jump to go get it!

- Drop step baseline - no dribble
- Drop step middle - no dribble
- Drop step baseline - dribble
- Drop step middle - dribble
- Up and under middle
- Up and under baseline
- 2 for 1's - middle to baseline
- Spin on block to reverse lay up
- Turn and shoot middle
- Turn and shoot baseline

SERIES 2: SHORT CORNER

5 each side (40 total)

Stick one arm out to show passer where you want the ball and use other arm to get defense off. CALL BALL and go get the pass!

- Catch, turn, shoot
- Catch, turn, jab, shoot
- Catch and drive, same side lay up
- Catch and drive, reverse lay up

SERIES 3: ELBOW

5 each side (80 total)

Stick one arm out to show passer where you want the ball and use other arm to get defense off. CALL BALL and go get the pass!

- Catch, turn, shoot
- Catch, turn, jab, shoot
- Catch, turn, rip, jumper
- Catch, turn, rip, lay up
- Catch, turn, rip, jump stop, fake to lay up
- Catch, turn, rip, spin back middle
- Catch, turn, rip, fake spin, come back baseline
- Catch, turn, rip, jump stop, up and under