

Post Player Workout

Lake City Basketball

1. Jump Rope (1 minute)
2. Dot Drill (1 minute)
3. Ball Slaps (20)
4. Stationary Ball Handling: Head, waist, right leg, left leg, both legs, figure 8 (5 times each spot, both directions)
5. Stationary Ball Handling (Dribble): Crossover (25), right leg, left leg, figure 8 (5 times each spot, both directions)
6. Mikan Drill (make 40)
7. Perfect form shot (Make 10 +/- system)
8. Post Offense (Do this on both sides)
 - a. Drop step baseline (make 10)
 - b. Drop step middle (make 10)
 - c. Ball fake, turnaround jump shot: baseline (make 10)
 - d. Ball fake, turnaround jump shot: middle (make 10)
 - e. Up and under: baseline (make 10)
 - f. Up and under: middle (make 10)
9. Free Throws (Make 10 +/- system)
10. Full Court Ball Handling: x-over, behind back, between legs, step back (3 times down/back each skill)
11. Block to Block Shots (Make 15 +/- system)
12. Jump Rope (1 minute)
13. 10 foot shots facing hoop (Make 10 +/- system)
14. Free Throws (Make 10 +/- system)
15. 15 foot shots facing hoop (Make 10 +/- system)
16. Free Throws (Make 10 +/- system)
17. Rebound Drill: Toss off board, keep ball high (Make 20 +/- system)
18. Free Throws (Make 10 +/- system)
19. Defensive Slides: side to side (20)
20. Free Throws (Make 10 +/- system)