



Skills and Drills 2

Mikan Shooting Drill Workout
Aka THE PIDDLY SHOT!

Rationale:

- Every expert you read or listen to makes it clear that if you want to be a baller, then you have to do much more than just come to team practices.
- In fact, much of the repetitive skill work has to be done on your own – in your driveway, in a gym somewhere, anywhere you can find a basket.
- When it comes to scoring at any level, nothing is more essential than being able to score close to the basket. It has to become automatic.

Take a look at the links below. Start simply and go to work to master this shot, from both sides of the basket, so that you are automatic from close to the basket when you get back into a gym. Practice wherever you can. If it is cold, do five or ten minutes a day outside unless you can get in to a gym.

https://twitter.com/hennen_workouts/status/1318601247516106752?s=11

<https://www.breakthroughbasketball.com/training/kyrie-mikans.html>

The success you achieve during the season will be determined by the amount of work you're prepared to put in in the off-season.