

Advanced Post Shooting Workout

"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:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Mikan Layups	20	20 /	20 /	20 /	20 /	20 /	20 /
Reverse Mikan Layups	20	20 /	20 /	20 /	20 /	20 /	20 /
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 5 ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 7ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /
Block to Block	20	20 /	20 /	20 /	20 /	20 /	20 /
Short Corner to Short Corner	20	20 /	20 /	20 /	20 /	20 /	20 /
Right Low Post: Drop Step	10	10 /	10 /	10 /	10 /	10 /	10 /
Right Low Post: Jump Hook	10	10 /	10 /	10 /	10 /	10 /	10 /
Right Low Post: Up-and-Under	10	10 /	10 /	10 /	10 /	10 /	10 /
Right Low Post: Fade Away	10	10 /	10 /	10 /	10 /	10 /	10 /



Right Low Post: Reverse Pivot, Jump Shot	10	10 /	10 /	10 /	10 /	10 /	10 /
Left Low Post: Drop Step	10	10 /	10 /	10 /	10 /	10 /	10 /
Left Low Post: Jump Hook	10	10 /	10 /	10 /	10 /	10 /	10 /
Left Low Post: Up-and-Under	10	10 /	10 /	10 /	10 /	10 /	10 /
Left Low Post: Fade Away	10	10 /	10 /	10 /	10 /	10 /	10 /
Left Low Post: Reverse Pivot, Jump Shot	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Elbow to Elbow	20	20 /	20 /	20 /	20 /	20 /	20 /
Right High Post: Shot Fake, 1-Dribble Layup	5	5 /	5 /	5 /	5 /	5 /	5 /
Right High Post: Shot Fake, Spin Layup	5	5 /	5 /	5 /	5 /	5 /	5 /
Left High Post: Shot Fake, 1-Dribble Layup	5	5 /	5 /	5 /	5 /	5 /	5 /
Left High Post: Shot Fake, Spin Layup	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Left Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Left Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Top of Key	10	10 /	10 /	10 /	10 /	10 /	10 /



Midrange Shots: Right Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Right Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Left Corner	5	10 /	10 /	10 /	10 /	10 /	10 /
Three-Point Shots: Left Wing	5	10 /	10 /	10 /	10 /	10 /	10 /
Three-Point Shots: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Right Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /
Total:	360 Made Shots	360 /	360 /	360 /	360 /	360 /	360 /



Advanced Post Workout Instructions

Overview: The Advanced Post Workout is a tough workout consisting of 355 made shots that focus on scoring out of the low post, high post, and also incorporates outside shooting. This is a great workout for all any players that want to improve their post game.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Mikan Layups — 20 Made Shots — Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues for the 20 made shots.

Reverse Mikan Layups — 20 Made Shots — Stand under the basket with your back towards the baseline. Begin by shooting a layup with your right hand and then catch the basketball high as soon as the shot falls through the net. Immediately lay the ball up with your left hand on the other side. This continues for the 20 made shots.

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 10 Made Shots — Make 10 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 10 Made Shots — Make 10 shots shooting from 7ft away from the basket.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Block to Block — 20 Made Shots — Continuous jump shots swapping from block to block until you've made 20 shots.

Short Corner to Short Corner — 20 Made Shots — Continuous jump shots swapping from short corner to short corner until you've made 20 shots.

Right Block Post Moves — 50 Made Shots — From the right block, make 10 shots of each of the following moves:

- Drop step.
- Jump hook.
- Up-and-under.
- Fade away.
- Reverse pivot, shot.



Left Block Post Moves — 50 Made Shots — From the left block, make 10 shots of each of the following moves:

- Drop step.
- Jump hook.
- Up-and-under.
- Fade away.
- Reverse pivot, shot.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Elbow to Elbow — 20 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 20 shots.

Right Elbow Post Moves — 10 Made Shots — From the right elbow, make 5 shots of each of the following moves:

- Shot fake, 1-dribble layup.
- Shot fake, 1-dribble spin layup.

Left Elbow Post Moves — 10 Made Shots — From the left elbow, make 5 shots of each of the following moves:

- Shot fake, 1-dribble layup.
- Shot fake, 1-dribble spin layup.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — 50 Made Shots — Starting in the left corner, make 10 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

