

30 Minute Post Shooting Workout

"The time when there is no one there to feel sorry for you or cheer for you is when a player is made."

- Tim Duncan

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	1m						
Form Shooting: 5ft	1m						
Form Shooting: 7ft	1m						
Free Throws	1m						
X-Out Layups	1m						
Block to Block	1m						
Elbow to Elbow	1m						
Wing to Wing	1m						
Short Corner to Short Corner	1m						
Free Throws	1m						
Rest	1m						
Low Post: Drop Step	2m						



Low Post: Jump Hook	2m						
Low Post: Fade Away	2m						
Low Post: Up-and-Under	2m						
Free Throws	1m						
Rest	1m						
High Post: Jab Step, Shoot	2m						
High Post: Shot Fake, Drive	2m						
High Post: Shot Fake, 1-Dribble Spin	2m						
High Post: Shot Fake, Shoot	2m						
Midrange Shooting	1m						
Total:	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins



30 Minute Post Workout Instructions

Overview: A 30-minute timed workout for the post position. This workout has focus on scoring off both the low and high block as well as mid-range shooting.

You Will Need:

- A device to time the workout. This could be an iPhone, iPad, game-clock, stopwatch, etc.
- One basketball.

Caution with Timed Workouts: There are two major problems that arise when you perform timed workouts:

1. Knowing when to change drills and what to do next. You can use an iPad or iPhone with the clock showing to help you keep track of time. You don't want to be running to the piece of paper each time.
2. Tracking your results. With only one minute of shooting for most drills, that doesn't leave much time to mark down your results.

With that said, my recommendation is to only use a timed workout when you have someone else there (a parent, coach, or teammate) that can keep track of the time, mark down your results, and tell you which drill is next.

WORKOUT INSTRUCTIONS:

0:00 - 0:01 — Form Shooting 3ft: Shoot for 1 minute from 3ft away from the basket.

0:01 - 0:02 — Form Shooting 5ft: Shoot for 1 minute from 5ft away from the basket.

0:02 - 0:03 — Form Shooting 7ft: Shoot for 1 minute from 7ft away from the basket.

0:03 - 0:04 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minutes.

0:04 - 0:05 — X-Out Layups: X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this for 1 minute.

0:05 - 0:06 — Block to Block: Continuous jump shots swapping from block to block after every shot for 1 minute.

0:06 - 0:07 — Elbow to Elbow: Continuous jump shots swapping from elbow to elbow after each shot for 1 minute.



0:07 - 0:08 — Wing to Wing: Continuous jump shots swapping from wing to wing after each shot for 1 minute.

0:08 - 0:09 — Short Corner to Short Corner: Continuous jump shots swapping from short corner to short corner after each shot for 1 minute.

0:09 - 0:10 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minutes.

0:10 - 0:11 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:11 - 0:19 — Low Post Moves: Switching from block to block after each shot, perform the following post moves for 2 minutes each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

0:19 - 0:20 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:20 - 0:21 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:21 - 0:29 — High Post Moves: Switching from elbow to elbow after each shot, perform the following post moves for 2 minutes each:

- Jab step, shoot.
- Shot fake, drive.
- Shot fake, 1-dribble spin.
- Shot fake, shoot.

0:29 - 0:30 — Midrange Shooting: Shoot midrange shots from anywhere on the floor for 1 minute.

