

Hang 10 Workout

Create a workout that adds up to ten.

	1	2	3	4	5
BALL HANDLING	Reid Ouse - Jab Work (5) Reid Ouse - Downhill Explosion (5) Reid Ouse - Footwork (5)	Reid Ouse - Tennis Ball (5) Shane Hennen - Ball Control (5)	Reid Ouse - Fundamentals (5) Reid Ouse - Wrist Control (5) Reid Ouse - Hand Exchanges (5)	Reid Ouse - Hips & Hands (5) Drew Hanlen - Shifty (5) Shane Hennen - Footwork (5)	Shane Hennen - Weak Hand Burnout (5) Reid Ouse - Burnout (5)
FINISHING & SHOOTING	IMG Academy - Form I (5) IMG Academy - Form II (5)	Drew Hanlen - Combo (5) Shane Hennen - Shooting (10)	Shane Hennen - Finishing II (10) Drew Hanlen - Finishing (10) Drew Hanlen - FT Golf (10)	Drew Hanlen - Touch & Spin (10) Drew Hanlen - Shift Dribble (10) Shane Hennen - Floaters (10)	Drew Hanlen - Baseball (10) Shane Hennen - Finishing I (10)