

Basic Post Shooting Workout

"It's not up to anyone else to make me give my best."

- Hakeem Olajuwon

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 5ft	5	5 /	5 /	5 /	5 /	5 /	5 /
Form Shooting: 7ft	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Block to Block	20	20 /	20 /	20 /	20 /	20 /	20 /
Short Corner to Short Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /	2 /
Mikan Layups	20	20 /	20 /	20 /	20 /	20 /	20 /
Reverse Mikan Layups	20	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /	2 /
Low Post: Drop Steps	20	20 /	20 /	20 /	20 /	20 /	20 /
Low Post: Jump Hooks	20	20 /	20 /	20 /	20 /	20 /	20 /

Low Post: Up and Under	20	20 /	20 /	20 /	20 /	20 /	20 /
Low Post: Fade Away	10	10 /	10 /	10 /	10 /	10 /	10 /
Low Post: Reverse Pivot, Shot	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /	2 /
Elbow to Elbow	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Left Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Top of the Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Right Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Total:	221 Made Shots	221 /	221 /	221 /	221 /	221 /	221 /

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Basic Post Workout Instructions

Overview: The Basic Post Workout is a workout consisting of 221 made shots that focus on scoring out of the low post and shooting the midrange shot. This is a great workout for all any players that want to improve their post game.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

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

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

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 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 — 10 Made Shots — Continuous jump shots swapping from short corner to short corner until you've made 20 shots.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

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.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Low Block Post Moves — 80 Made Shots — While switching blocks after each shot, make following moves:

- Drop step x 20
- Jump hook x 20
- Up-and-under x20
- Fade away x10
- Reverse pivot, shot x 10

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Elbow to Elbow — 10 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 10 shots.

Midrange Shooting — 25 Made Shots — Starting in the left corner, make 5 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.