

Fairmont Basketball



Post Player Workout

+/- System of Shooting: When you make a shot it is +1, when you miss it is -1. If the goal is Make 10, then you want to shoot until to are at a +10. {For Example: make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), make (+1), make (+1), make (+1), = $1+1+1+(-1)+1+1+1+(-1)+1+1+1+1+1+1 = +10$ }

1. Jump Rope (1 minute)
2. Dot Drill (1 minute)
3. Ball Slaps (20)
4. Stationary Ball Handling: Head, waist, right leg, left leg, both legs, figure 8 (5 times each spot, both directions)
5. Stationary Ball Handling (Dribble): Crossover (25), right leg, left leg, figure 8 (5 times each spot, both directions)
6. Mikan Drill (make 40)
7. Perfect form shot (Make 10 +/- system)
8. Post Offense (Do this on both sides) - (Sit in on Post, ball fake first, power dribble on front foot, leg whip, finish hard)
 - a. Dribble to the middle, drop step baseline (make 20)
 - b. Dribble to the middle, fake drop step, jump hook (make 20)
 - c. Ball fake, turnaround jump shot: baseline (make 10)
 - d. Ball fake, turnaround jump shot: middle (make 10)
 - e. Reverse pivot, jump shot (make 10)
 - f. Reverse pivot, ball fake, attack rim (make 10)
 - g. Up and under: baseline (make 10)
 - h. Up and under: middle (make 10)
9. Free Throws (Make 10 +/- system)
10. Full Court Ball Handling: 45 degree crossovers (cross, between legs, behind back, retreat dribble to a crossover) (2 times down back for each skill)
11. Block to Block Shots (Make 15 +/- system)
12. Jump Rope (1 minute)
13. 10 foot shots facing hoop (Make 10 +/- system)
14. Free Throws (Make 10 +/- system)
15. 15 foot shots facing hoop (Make 10 +/- system)
16. Free Throws (Make 10 +/- system)
17. Rebound Drill: Toss off board, keep ball high (Make 20 +/- system)
18. Free Throws (Make 10 +/- system)
19. Defensive Slides: side to side (20)
20. Free Throws (Make 10 +/- system)