

Finisher's Workout

60 Minute

TIME	DRILL	REPS/RESULTS
Warm Up 10 Minutes	Layup Progression: Make 10 layups from each side -Start 5 feet from basket – no dribble -Start 7 feet from basket – use 1 dribble -Start 10 feet from basket – use 2 dribbles	
Mikan Drill Series 10 Minutes	Mikan Drill: start on left side of basket; layup on left side rebound, layup on right side, repeating quickly. 60 seconds Mikan Drill + 30 second rest > repeat 3x Two Ball Mikan Drill: add a second ball creating the challenge of catching your rebound with only one hand.	
Floater Series 5 Minutes	15 floaters each side with backboard 15 floaters each side without backboard	
Runner Series 5 Minutes	15 runners each side with backboard 15 runners each side without backboard	
Strength 10 Minutes	Plank Series 60 seconds each + 60 second rest -Forearm Plank -Plank Jacks; keeping hands on ground start with feet together > jump feet apart in jack position > land > jump feet back together > land > repeat sequence -Mountain Climber; in plank position bring right knee to right elbow and switch left knee to left elbow) -Side Plank (30 seconds each side) - Walking plank; start hands on floor > move two hands one at a time to the right > back to center > to the left > back to center > repeat	
Combo Drill 10 Minutes	Start outside the 3-point line attack the basket using any type of combo move. Finish with floater, runner, pull up, layup etc. Rebound and dribble anywhere outside the 3 point line and start again.	
Box Drill 10 minutes	Pivot > Move (shot fake) > Dribble to basket > Finish (score) Start near elbow or free throw line with back facing basket. Spin the ball, catch and pivot to face basket, with either a left foot forward or reverse pivot, right foot reverse or forward pivot. Do one move on lane line followed by a finish, alternating left and right sides of hoop. Move examples – spin, cross over, hesitation, shot fake, euro step etc. Finish options – layup, runner, floater, dunk, fadeaway, etc.	