

## Post Workout

Do everything on both the L & R Side

Ball Handling

Regular Mikans

Reverse Mikans

Creative Mikans

Low Post: Drop Step (No Dribble)

Low Post: Jump Hooks

Low Post: Middle drop step pump fake w/ cross step

Low Post: Middle crab dribble w/ baseline drop step

Arc Shooting

- a- El bow to elbow shooting
- b- L 45 to short corner
- c- R 45 to short corner

Elbow Series

- a- Jab and go
- b- Rip and go
- c- Shot fake and go
  - a. Add some counters/combo moved
    - i. Jump stop w/ pump fake
    - ii. Euro
    - iii. Spin

T-Post

- a. Short corner
- b. Elbow
- c. Middle of FT Line