

POST DRILLS – WARM UP

1. MIKAN DRILL
2. MIKAN DRILL REVERSE
3. MIKAN DRILL JUMP HOOK
4. 2 STEP LAY-UPS
5. 2 STEP REVERSE LAY-UPS
6. JUMP STOP LAY-UPS
7. JUMP STOP REVERSE LAY-UPS
8. JUMP STOP PUMP FAKES
9. JUMP STOP STEP THROUGH
10. JUMP STOP JUMP SHOT

NOTES: Complete all drills until 10 successful shots are made on both sides

BACK TO THE BASKET MOVES- BASELINE SIDE

1. DROP STEP POWER MOVE—LAYUP
2. DROP STEP FAKE— FORWARD PIVOT/
JUMP SHOT
3. DROP STEP FAKE—FORWARD PIVOT/
SHOT FAKE/ CROSSOVER DRIVE/
POWER LAY-UP
4. DROP STEP FAKE—FORWARD PIVOT/
SHOT FAKE/ CROSSOVER DRIVE/
REVERSE POWER LAY-UP
5. DROP STEP FAKE—FORWARD PIVOT/
SHOT FAKE/ CROSSOVER DRIVE/
JUMP STOP/STEPTHROUGHS
6. DROP STEP FAKE—SHOT FAKE/
CROSSOVER DRIVE/
JUMP STOP/PUMP FAKE

BACK TO THE BASKET MOVES– MIDDLE

1. DROP STEP POWER MOVE—LAYUP
2. DROP STEP POWER MOVE—JUMP HOOK
3. DROP STEP FAKE—FORWARD PIVOT/
JUMP SHOT
4. DROP STEP FAKE—FORWARD PIVOT/
SHOT FAKE/ CROSSOVER DRIVE
JUMP HOOK
5. DROP STEP FAKE—FORWARD PIVOT/
SHOT FAKE/CROSSOVER DRIVE/
JUMP SHOT
6. DROP STEP FAKE—FORWARD PIVOT/
SHOT FAKE/CROSSOVER DRIVE/
STEP BACK JUMP SHOT
7. DROP STEP FAKE—SHOT FAKE/
CROSSOVER DRIVE/
JUMP STOP/ STEP THROUGH

NOTES: Initially complete both sides of the key individually for each move.
Complete 10 successful moves on each side of the key.
Once moves are mastered, complete 10 successful moves using the “V-drill”

FRONT TO THE BASKET MOVES- BASELINE SIDE

1. JAB STEP POWER MOVE
2. JAB STEP—JUMP SHOT
3. JAB STEP—SHOT FAKE/
JAB STEP/
POWER LAY-UP
4. JAB STEP—SHOT FAKE/
JAB STEP/ PUMP FAKE
POWER LAY-UP
5. JAB STEP—SHOT FAKE/
JAB STEP/ JUMP STOP
STEP THROUGH
6. JAB STEP—SHOT FAKE/
CROSSOVER DRIVE/
POWER LAY-UP
7. JAB STEP—SHOT FAKE/
CROSSOVER DRIVE/
JUMP HOOK
8. JAB STEP—SHOT FAKE/
CROSSOVER DRIVE/
JUMP HOOK PUMP FAKE/JUMP HOOK
9. JAB STEP—SHOT FAKE/
CROSSOVER DRIVE / JUMP STOP
JUMP HOOK SHOT FAKE/STEP THROUGH

FRONT TO THE BASKET MOVES- FOUL LINE SIDE

Note: These drills should also be done with a catch and inside jab technique from your triple threat

1. CATCH & CROSSOVER STEP/
LAYUP
2. CATCH & CROSSOVER STEP/
JUMP HOOK
3. CATCH & CROSSOVER STEP/
JUMP SHOT
4. CATCH & CROSSOVER STEP/
STEP BACK JUMP SHOT
5. CATCH — SHOT FAKE — CROSSOVER STEP/
CROSSOVER DRIVE/
JUMP HOOK
6. CATCH — SHOT FAKE — CROSSOVER STEP/
CROSSOVER DRIVE/
JUMP SHOT
7. CATCH — SHOT FAKE — CROSSOVER STEP/
CROSSOVER DRIVE/
STEP BACK
8. CATCH — SHOT FAKE — CROSSOVER STEP/
CROSSOVER DRIVE/ JUMP STOP
STEP THROUGH/ LAYUP

NOTES: Initially complete both sides of the key individually for each move.
When catching the ball use both the reverse pivot and forward pivot techniques
Complete 10 successful moves on each side of the key.
Once moves are mastered, complete 10 successful moves using the “V-drill”