

7 MINUTE POST WORK OUT

1. Mikan Layups 1:00

* Goal = 0 Misses & 0 Drops

2. Reverse Mikans 1:00

* Goal = 0 Misses & 0 Drops

3. Box to Box 1:00

* Passer on each wing. Post breaks block to block, receives pass and makes post move. Gets own rebound, throws it back out and breaks to opposite block

* Goal = 0 Dropped Passes

4. Elbow to Elbow Jump Shots 1:00

* Passer/rebounder underneath basket (variation – put passer on the wing)

* Goal = 75%

5. High Post Drive 1:00

* Start on block. Break up to High Post, receive pass, square up and drive. Get to basket in one dribble. Rebound own shot, pass it out, break up to opposite High Post

* Goal = 0 Misses

6. High/Low 3's 1:00

* Post steps out to top of the key, receive pass from wing, and shoot the 3

* Goal = 50%

7. Mark Eaton's

* Shooter shoots from top of the key. Post locates the miss, rebounds and scores the put back.

* Goal = Do not let the ball hit the ground!

Each one minute segment is to be run at full speed. Keep track of made shots and constantly try to set a personal best.

This could be run as a circuit with several players going through several repetitions. Keep score and the work out becomes a competition.