



HOMEWORK

HOOPS

FINISHING WORKOUT



1 ATHLETE



1 BASKETBALL



1 HOOP



NO SPECIAL EQUIPMENT



HOMEWORK HOOPS

FINISHING WORKOUT

PERFORM EACH DRILL FOR 1 MINUTE. REST FOR 30 SECONDS BETWEEN SETS. COMPLETE 2-3 ROUNDS.

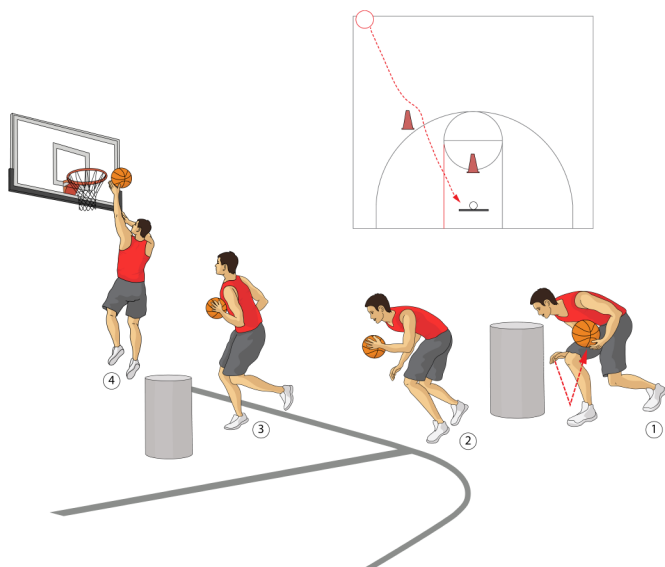


MIKAN DRILL

- 1 Start underneath the basket with a ball in your hands and facing the baseline
- 2 Step with your right foot across to the left side of the basket, jump off the right foot and lay the ball in using your left hand
- 3 Quickly pull the ball out of the net, step across to the right side of the basket with your left foot, jump and lay the ball in with your right hand
- 4 Repeat for 1 minute and count how many layups you make

REVERSE MIKAN DRILL

- 1 Start underneath the basket with a ball in your hands and your back to the baseline
- 2 Step with your right foot across to the left side of the basket, jump off the right foot and lay the ball in using your left hand for a reverse layup
- 3 Quickly pull the ball out of the net, step across to the right side of the basket with your left foot, jump and lay the ball in with your right hand
- 4 Repeat for 1 minute and count how many layups you make



COMBINATION DRILL

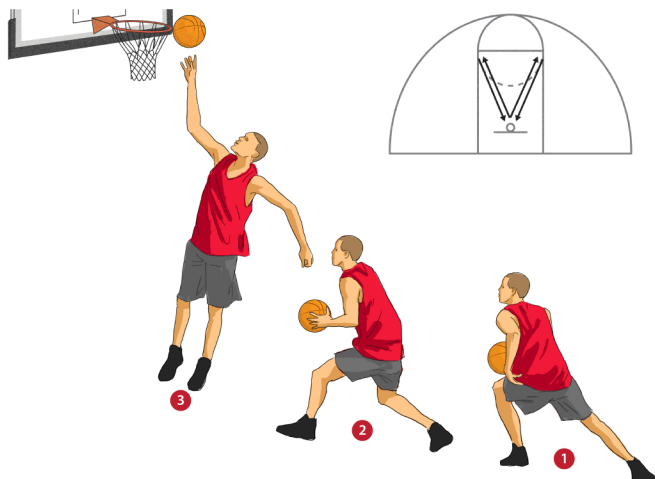
- 1 Set up two trash cans (or similar obstacles) as defenders. One at the foul line extended and one in the lane below the free throw line
- 2 Start at the wing. Dribble to the first trash can, cross over to the middle and explode past it
- 3 Make another hard dribble past the second trash can, gather and finish strong with a layup
- 4 Get your own rebound and speed dribble back to the wing
- 5 Repeat for 1 minute and count how many layups you make
- 6 Mix in additional finishing moves as you progress (power layup, reverse layup, floater, wrong foot layup, pull up bank shot)



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V LAYUPS

- 1 Start at the right elbow holding the ball
- 2 Drive to the basket using one dribble and finish with a layup
- 3 Immediately get the rebound and dribble to the left elbow, touching the free throw line with your foot.
- 4 Drive back to the basket and make a layup using your left hand
- 5 Repeat for 1 minute and count how many layups you make

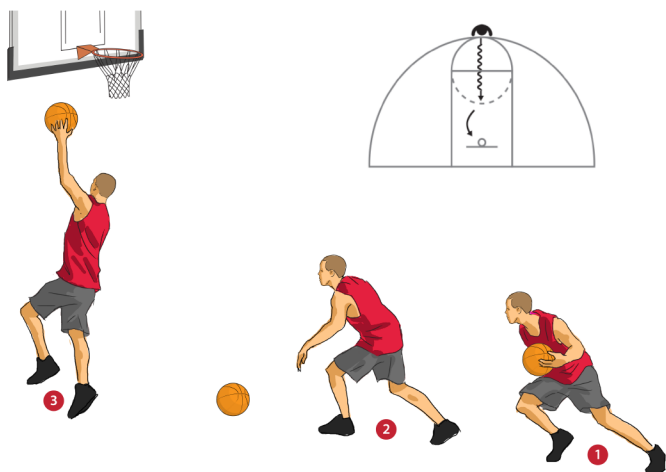
QUICK SIX DRILL

- 1 Start out under the basket on the left side. Shoot a left-handed power layup and get your own rebound
- 2 Go to the right block, shoot a short bank shot and get your own rebound
- 3 Go to the left elbow, shoot a jumper and get your own rebound
- 4 Go under the basket, shoot a right-handed power layup and get your own rebound
- 5 Go to the left block, shoot a short bank shot and get your own rebound
- 6 Go to the right elbow, shoot a jumper and get your own rebound
- 7 Repeat that 6-shot rotation for 1 minute. Count how many shots you make



Y LAYUPS

- 1 Start at the top of the key at the three point line. Drive straight toward the front of the rim.
- 2 At the dotted line, imagine running into a defensive player, then angle to the left and shoot a layup (or baby hook).
- 3 Get your own rebound and dribble with opposite hand back to top of key.
- 4 Again, drive toward the rim, imagine a defender and this time go to the right for a layup.
- 5 Drill continues with you alternating going to your left and right.
- 6 Repeat for 1 minute and count how many layups you make





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RECORD THE NUMBER OF REPS YOU COMPLETED IN 1 MINUTE

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7	SESSION 8
MIKAN DRILL								
REVERSE MIKAN DRILL								
COMBINATION DRILL								
V LAYUPS								
QUICK SIX DRILL								
Y LAYUPS								
TOTAL								