

## *Great Post Warm up – Lots of finishing!!!*

*“100 Makes” – the goal is to try to make 100 shots... these should be high intensity with 2 FT’s between each set...set a # to attain each time / switch it up and go for time.*

- *2 sets of Regular Mikan*
- *2 sets of reverse Mikan*
- *2 sets of “super man” – 1 ball on each block*
- *1 set of drop step middle – 1 ball on each 2<sup>nd</sup> hash*
- *1 set drop step baby jump hook - 1 ball on each 2<sup>nd</sup> hash*
- *1 set of Up / Under - 1 ball on each 2<sup>nd</sup> hash*
- *1 set of drop steps from elbow – right side / left side alternate*
  
- *I always switched up the last 20 depending on the player and what they maybe doing*
  - *Could be reverse pivot shots, reverse pivot direct drives*
  - *Could be elbow jumper*
  - *Crossover from elbow and shoot ½ reverse layups*

