



Lady Duster Basketball **Post Player Workout**



1	One-handed form shooting inside five feet from basket. Attempt to "swish" each shot.	10 makes from 3 spots or 5 makes in a row.
2	Facing the basket, flip/catch to the basket and shoot bank or swish shots. Work inside fifteen feet.	20 makes.
3	Starting under the hoop, flip/catch to the elbow and pivot on inside foot to square and shoot.	10 makes each elbow.
4	30 seconds each for Mikan, Reverse Mikan, and Putbacks	
5	10 Free Throws or 7 makes in a row	
6	Flip/Catch from each block. Chin the ball and read hands. Be big and balanced and vary pivots. Do the following post moves (all shots above head):	
	a. Turn Around	5 makes each block.
	b. Drop Step	5 makes each block.
	c. Over/Under	5 makes each block.
	d. Jab Step, Baby Hook	5 makes each block.
	e. Dribble Drop Step	5 makes each block.
7	Starting under the hoop flip/catch to the elbow, pivot (front or reverse), shot fake or rip low/high to clear defender, and take what she give you with 1 to 2 dribbles.	7 makes each elbow.
8	10 Free Throws of 7 makes in a row	
9	Starting under the hoop flip/catch to the elbow, rip low and do the following skill shots:	
	a. Attack and Step Back	7 makes each elbow.
	b. Attack, jump stop, and step through	7 makes each elbow.
	c. Reverse Lay-Ups	7 makes each elbow.
10	10 Free Throws or 7 makes in a row	
You will take a minimum of 171 shots. If you shoot 50% you will shoot 342 shots.		
One should be able to complete this workout in less than 40 minutes.		