



## “Own the Lane” Post Workout

Our post workouts are designed to incorporate every aspect of offensive play that a post can dictate and contribute to on the basketball court. All drills must be game speed, and aggressive. If a player isn't completely exhausted after completing this workout, he hasn't gone hard enough. Also, blocking dummies can be used for all drills to simulate contact with a coach or a partner.

### How it Works

The player will compete in every drill for the allotted time. Immediately after completing the drill, he will shoot 10 Free-Throws. If the player doesn't make 8 out of 10, he has 20 push-ups for each additional miss.

For example: 7 out of 10 = 20 push-ups.

### Warm-up

**Mikan Drill (20 makes each side)**

**Reverse Mikan (20 makes each side)**

**Tip Drill (10 consecutive R, with a finish) (10 consecutive L, with a finish)**

### Drill #1: Superman:

The player starts holding a basketball on the right block. In this drill he will toss the ball off of the backboard diagonally and catch it on the opposite side of the rim. (left side). On the catch he will finish with a power move to the basket. After making the basket, the player sets up quickly on the left block, tosses the ball to the right side, catches, and makes a power move to finish. This is repeated for 1 minute. Each player will do three rounds of different finishes.

**Round 1: Rebound & Finish**

**Round 2: Rebound, power dribble & finish**

**Round 3: Rebound, power dribble, reverse lay-up.**

### **10 Free-Throws**

### Drill #2: Block to Block Finishes

You will need a partner for this. The player starts on the right block with a ball. For one minute he makes a post move and finishes with a dunk, or lay-up using the board. After his first shot, he will pick up another basketball from the left block and make another move and finish. The partner will rebound and replace the ball on the opposite block until the time is expired. Each move will last for one minute.

**Round 1: Drop step baseline**

**Round 2: Turn around short jumper**

**Round 3: Drop step middle (j-hook)**

**Round 4: Reverse Pivot short jumper**

**Round 5: Up and under 1 dribble to the rim**

**Note: You can incorporate dribble drop, quick spin, shot fakes, etc... into each drill. Mix it up!!!**

### **10 Free Throws**

### Drill #3

Each player will cut to a spot on the perimeter and perform 5 different offensive moves. Once the cycle of 5 moves is completed, the player moves to the next spot. The moves are as follows:

**1<sup>st</sup> shot: Catch and shoot**

**2<sup>nd</sup> shot: Catch and rip R 1 dribble finish**

**3<sup>rd</sup> shot: Catch and rip L 1 dribble finish**

**4<sup>th</sup> shot: Catch and shot fake, attack rim**

**5<sup>th</sup> shot: Catch and shot fake, shot**

### **10 Free Throws**

### KEYS FOR ALL DRILLS

- 1) Game speed
- 2) Be aggressive at all times
- 3) Attack the rim
- 4) Finish

