

30 Minute - Finishing Workout

WARM UP - LAYUP SERIES

Mikan Layups

*Don't bring the ball down below shoulders on the rebound!

10 Regular

10 Reverse

Stationary Series

In front of hoop

Make 10 for each hand
scoop finish

Hook Finish

Bonus*

Opposite hand scoop

Level 2 Floater

Finishes

Floater - Open Hand Release

Start on elbow, toss ball out

Step into floater over
front of the rim

5 Makes Each Side

5 Makes (goofy finish)

Right hand, right foot
on right side

Left hand, left foot
on left side

(see video)

Finisher

Set timer for 2 Minutes - 2 makes on each side throughout (16 total)

4 Mikans, 4 Extension Finishes, 4 floaters, 4 Eurostep Finishes
Extension & Euros start from wing, floaters at elbow

Level 1 Extension

Finishes

Start on wing for all...

1 dribble extension finish
(underhand, stretch out)

3 Makes Each Side

2 dribble same hand same foot
extension finish
(jumping off same foot you are
shooting with)

3 Makes Each Side

2 dribbles floater finish
outside the lane

Mix up left/right hand
3 Makes Each Side

Level 3 Eurostep Finishes

Start on wing - Place object
outside lane line

2 Dribbles into Euro step

5 Extension Finishes
(right & left side)

Move object further
away from hoop

2 dribbles Euro step

Floater Finish outside paint

5 Makes each side!



