

Klein Oak Basketball Workout - 4/6

Warm Up: Nike Skills Academy Ball Handling – watch video

<https://www.youtube.com/watch?v=x4cZ5xJd3t8>

Mikan Layups: 2 sets of 20 makes - Google if you don't know

Ball Spin Square Up Rips: 10 left and 10 right - Back totally to basket at 3 pt line, spin ball in front, catch down in a stance, REVERSE pivot and as soon as square with basket, hard rip to basket, one or two dribble max

EMPHASIS: BIG first step, direct drive with strong hand, crossover step with weak, must keep permanent pivot foot (left foot stays on ground with right handed player)

Ball Spin Square Up Jumpers: 15 each way, 30 total – start back to basket at 15 ft, ball spin and as you catch should be forward pivoting (like an inside pivot), as shooting hip and shoulder get in line with basket get into your shot

EMPHASIS: on the turn make sure your elbow is in line with basket, use FOREST shooting method from Pro Shot Shooting

Dribble Fake, Shot Fake, 1 Dribble Pull Ups: 20 total – 10 each way makes each side. Start at 3 pt line, start in stance, dribble fake is a hard rip to basket without stepping but with big shoulder fake to back off defender, then shot fake with eyes on rim, then rip to basket into pull up

EMPHASIS: violent rip on dribble fake, butt low, eyes on rim on shot fake, feet quiet; big first step out past defense (from permanent pivot foot) direct drive going strong hand, crossover step going weak hand; don't be in hurry between fakes!

5 Spot 2 in a Row: 3 sets, must make 2 in a row from each spot before moving to the next, start in one corner and go around and back, should be 20 makes each set, can't move to next spot until 2 in a row is made at current spot

EMPHASIS: make your shots game speed or means nothing!