

MAKEMPAY SCORING SYSTEM WORKOUT

This is a pdf to help guide you guys throughout the week. This is a good blueprint to work on your game daily. Look at the videos in the Makempay System Portal if you're confused about anything. The goal is make 250 shots per day minimum and be consistent at it. The more you see the ball go through the net your confidence will grow. MAKEMPAY.....EVERYDAY....EXCEPT SUNDAY!!! But if you want to get extra go for it.

MONDAY

WARM UP -

Dynamic Warm Up

Ball Handling 10 mins

1 leg stationary floaters - 10 makes (top, left and right sides)

Power Layups - 10

Hesi Pull Ups - 10 (top and both wings)

Mikan - (20 front and 20 back)

Dribble Pull Ups - 5 makes at 5 spots. (Each spot do a different move. In the corner make 5 crosses to a pull up. On the wing make 5 tweens to a pull up. Top of the key go behind the back 5 times to a pull up. On the opposite wing do an in and out into a pull up for 5 makes. In the opposite corner use the move you feel the weakest at for extra reps 5 times.

Cover distance layups - 10 (top and both wings)

Spot Up 3's (10 makes at 5 spots)

2 feet stationary floaters - 5 (only at the top)

Free Throws - 50

TUESDAY

WARM UP -
Dynamic Warm Up
Ball Handling 10 mins

Rip Pull Up - 5 makes 5 spots (Alternate left and right get an extra attempt with your weaker hand)
Layup Series Part 1 - 10 makes from the top and both wings. 5 going right and 5 going left. Mix up the moves.

Transition 3's - 10 makes from the top and both wings.

Spot up 2's - 10 makes 5 spots.

Spot Up 3's - 10 makes 5 spots.

1 leg floaters - 5 makes 3 spots

50 Free Throws

WENESDAY

WARM UP -
Dynamic Warm Up
Ball Handling 10 mins

Pull Up Series - 10 makes 5 spots

Spot Up 2's - 10 makes 7 spots (elbows)

Step Backs - 5 makes 5 spots.

Spot Up 3's - 10 makes 7 spots (elbows)

5 min 3's

Free Throws - 50 makes

THURSDAY

WARM UP -
Dynamic Warm Up
Ball Handling 10 mins

Mikan Drill - 20 front and 20 back

Hesi pull up - 10 makes 3 spots alternate hands. 5 makes each hand. Top and both wings.

Killer Cross - 5 makes alternate directions. Top and both wings.

In and out pull ups - 5 makes alternate directions. Top and both wings.

Kobe Spin - Top of the key 5 makes.

Spot Up 2's - 10 makes 5 spots

Spot Up 3's - 10 makes 5 spots

Free Throws - 50 makes

Friday

WARM UP -

Dynamic Warm Up

Ball Handling 10 mins

Layup Series Part 2 - 10 makes from the top and both wings. 5 going right and 5 going left. Mix up the moves.

Rip Through Step Back - 2 makes 5 spots. Alternate directions

Pull Back Jumpers - 2 makes 5 spots. Alternate directions.

Rip Through 1 Leg Floaters - 2 makes 5 spots. Alternate directions.

Rip Through 2 Leg Floaters - 2 makes 5 spots. Alternate directions.

2 ball Mikan - 40 makes. 20 front and 20 Back

Spot Up 2's - 10 makes 5 spots.

Spot Up 3's - 10 makes 5 spots.

5 min 3's

Free Throws - 50 makes

SATURDAY

WARM UP -

Dynamic Warm Up

Ball Handling 10 mins

Pull Up Series - 10 makes 5 spots

Spot Up 2's - 10 makes 7 spots (elbows)

Step Backs - 5 makes 5 spots.

Spot Up 3's - 10 makes 7 spots (elbows)

5 min 3's

Free Throws - 50 makes

SUNDAY OFF