

# PARK WORKOUT

## Monday

10mins ballhandling

### Finishes/touches

- 20 front & back mikan
- 20 taps jumps out the net (jump while receiving the ball out of the net)
- 20 just right taps
- 20 just left taps

### Movement

*pick and pop:*

- 5 top of the key
- 5 right wing
- 5 left wing
- 5 top of the key 3
- 5 right wing
- 5 left wing 3

### Catch and shoot

- 25 five spots from 2's and 3's

## Tuesday

10mins ballhandling

### Finishes/touches

- 10 floaters. Make a move from the corner. 5 one feet, 5 two feet.
- 5 transition inverted cross
- 5 transition inverted cross cross
- 5 in and out dunks

### Movement

- 5 single move to leaner left wing
- 5 single move to leaner right wing
- 5 single move to leaner top of the key
- 5 single move to post 1 leg middle
- 5 single move to post 1 leg baseline

### Catch and shoot

- 5 wing to corner
- 5 elbow to elbow
- 5 wing to corner opposite side
- 5 wing to corner 3
- 5 elbow to elbow 3
- 5 wing to corner opposite side 3

# PARK WORKOUT

## Wednesday

10mins ballhandling

### Finishes/Touches

20 mikan

30 floaters (5 one foot 5 two feet)

### Movement (Back Pedal Shots)

10 back pedal from block ft slide across the lane shot

10 cross dribble to middle

10 double move to outside

5 spin to the inside

5 half spin

10 back pedal to elbow side step

### Catch and Shoot:

25 five spots from 2's and 3's

## Thursday

10mins ballhandling

10 floaters. Make a move at the top of the key

### **Post up, Different move every shot**

### **Change side every shot**

5 hook shots middle

5 hook shots baseline

5 drive middle pullup

5 drive baseline pullup

10 jab shot

5 turn around middle

5 turn around baseline

5 side steps/step backs middle

5 side steps/step backs baseline

### Finishes

10 dunker spot finishes. 5 baseline and 5 middle.

10 dunker spot reverse finishes. 5 baseline and 5 middle.

10 top of the key finishes. 5 passes from right 5 from left.

10 top of the key up and under finishes. 5 passes from right 5 from left.

10 rebound dunks

### Catch and Shoot

25 two pointers

25 three pointers

# PARK WORKOUT

## Friday

70mins ballhandling  
10 floaters. Make a move from the corner.  
5 one feet, 5 two feet.

### **Skill work**

5 make five spots pullups. Alternate sides every shot.

Rip to pull back

Single move to behind the back

Double move to crossover pullback

Triple move to tween pullback

Pump fake pullback hesi

### **Next 25**

Rip to hard punch stop

Single move to punch stop side step

Double move to punch stop cross

Triple move to punch in and out/hesi

Pump fake to punch hesi pullup

### **Movement**

Pick and Pop

10 top of the key 2 pointers

10 right wing 2 pointer

10 left wing 2 pointers

10 top of the key pick and pop 3 pointer

10 wing pick and pop

### **Catch and shoot**

25 two's and three's