

Summer Workout #6 - Post Moves

#	Drill	# of reps
1	<p style="text-align: center;">Jump Hook (:38 of video)</p> <ul style="list-style-type: none"> - Following the instruction in the video...crab dribble middle landing on 2 feet and shoot a short jump hook. This can also be done without the dribble and hop off of the catch. 	<p>7 Shots from hash above each block Both right and left side</p>
2	<p style="text-align: center;">Up & Under or Step Through (:58)</p> <ul style="list-style-type: none"> - Following the instruction in the video...crab dribble middle landing on 2 feet and fake a short jump hook. Then step back through and shoot a lay-up jumping off of 2 ft. This can also be done without the dribble and hop off of the catch. 	<p>5 Shots from hash above each block (2 different sides)</p>
3	<p style="text-align: center;">Half Whirl (1:26)</p> <ul style="list-style-type: none"> - Start facing the basket straight on at 8 ft. and toss the ball to yourself. Fake spin to your weak hand and then turn back for a short jump shot. 	<p>10 shots from 8 ft. straight on...</p>
4	<p style="text-align: center;">Half Whirl Step Through (2:01)</p> <ul style="list-style-type: none"> - Start facing the basket straight on at 8 ft. and toss the ball to yourself. Fake spin to your weak hand and then turn back for a short shot fake then step-through for an extended lay-up jumping off of both feet. 	<p>10 shots from 8 ft. straight on...</p>
5	<p style="text-align: center;">Reverse Pivot Stab (2:18)</p> <ul style="list-style-type: none"> - Self toss yourself the ball facing away from the basket just above the 2nd hash. Reverse Pivot & stab your jab step like you're going right then come back left for a short jump shot. 	<p>6 from right wing 6 from left wing</p>