

Wayzata Post Moves Workout

Keys:

- Stay low, wide, and athletic
- Get you defender off balance with hard/ sharp fakes/ moves (Change Speeds)
- Explode out of move (Don't be lazy)
- Keep ball high and shoot from outside shoulder
- ***Make 2 free throws in between each drill***

Finishing:

- *Mikan drill off 1 foot (1 minute)
- *Mikan drill off 2 feet (1 minute)
- *Ball taps off glass with left hand (1 minute)
- *Ball taps off glass with right hand (1 minute)
- *Ball taps off glass with both hands (1 minute)
- *Power lay-ups (Baseline drop step): Pound ball on block, drop step finish, switch blocks (1 Minute)
- *Power lay-ups (Middle drop step): Pound ball on block, drop step finish, switch blocks (1 Minute)

Left Block:

- *Drop step baseline finish with left (2 makes)
- *Drop step middle finish with right (2 makes)
- *Drop step baseline for left handed hook (2 makes)
- *Drop step middle for right handed hook (2 makes)
- *Drop step baseline for an up and under move (2 makes)
- *Drop step middle for an up and under move (2 makes)
- *Fade away to the baseline (2 makes)
- *Fade away to the middle (2 makes)
- *Meet ball, square up, and shoot (2 makes)
- *Meet ball, square up, shot fake and explode to rim (2)
- *20 Total Makes**

Right Block:

- *Drop step baseline finish with right (2 makes)
- *Drop step middle finish with left (2 makes)
- *Drop step baseline for right handed hook (2 makes)
- *Drop step middle for left handed hook (2 makes)
- *Drop step baseline for an up and under move (2 makes)
- *Drop step middle for an up and under move (2 makes)
- *Fade away to the baseline (2 makes)
- *Fade away to the middle (2 makes)
- *Meet ball, square up, and shoot (2 makes)
- *Meet ball, square up, shot fake and explode to rim (2)
- *20 Total Makes**