

Run one killer

5 one hand makes from baseline on each side and from volleyball line straight on

Mikans 30 seconds

Reverse Mikans 30 seconds

10 f.t's

10 makes block to block off glass

10 elbow jumpers

10 f.t's

50 3's 10 each spot (quick release)

10 dribble attacks left wing (shamgod attack into Euro)

10 dribble attacks right wing

10 f.t's

10 dribble attacks right hand between legs at f.t. Line step back

10 dribble attacks left hand between legs at f.t. Line step back

10 f.t's

10 right wing catches sweep and jab left crossover step reverse lay-up

10 left wing catches sweep and jab right crossover step reverse lay-up

10 f.ts

About 200 shots