

Spin & Catch Post Work Drill

Work Phase	Rest Phase
25 Consecutive Mikan Makes	10 FT
Spin & Catch Reverse Pivot & Shot from Right Block (10 Makes)	10 FT
Spin & Catch Reverse Pivot & Shot from Left Block (10 Makes)	10 FT
Spin & Catch Reverse Pivot, Shot Fake, & Power Dribble/Step Through from Right Block (10 Makes)	10 FT
Spin & Catch Reverse Pivot, Shot Fake, & Power Dribble/Step Through from Left Block (10 Makes)	10 FT
Spin & Catch Reverse Pivot, Shot Fake, Power Dribble & Drop Step from Right Block (10 Makes)	10 FT
Spin & Catch Reverse Pivot, Shot Fake, Power Dribble & Drop Step from Left Block (10 Makes)	10 FT
Spin & Catch Reverse Pivot, Shot Fake, Power Dribble, Fake Drop Step & Fade Away from Right Block (10 Makes)	10 FT
Spin & Catch Reverse Pivot, Shot Fake, Power Dribble, Fake Drop Step & Fade Away from Left Block (10 Makes)	10 FT
Spin & Catch Reverse Pivot, Shot Fake, Power Dribble, Fake Drop Step, Fake Fade Away, & Step Through/Duck Under from Right Block (10 Makes)	10 FT
Spin & Catch Reverse Pivot, Shot Fake, Power Dribble, Fake Drop Step, Fake Fade Away, & Step Through/Duck Under from Left Block (10 Makes)	10 FT
Spin & Catch Jab to Lane & Spin to Baseline from Right Block (10 Makes)	10 FT
Spin & Catch Jab to Lane & Spin to Baseline from Left Block (10 Makes)	10 FT
Spin & Catch 1 Make from Each of Previous Moves (12 Makes)	10 FT
25 Consecutive Mikan Makes	10 FT
*Total of 182 Made Shots in the Work Phases	150 Total FT

*This drill can be done alone or with a partner. If you pair up, your partner would shoot from the mirrored spot on the floor. Keep track of FTs - Goal 80%!

*Remember your spin of the ball simulates a pass - make sure you emphasize your catch with a "pop" of the ball with your hands as you "chin" it. Your feet should be above the block and you should catch and make a reverse pivot towards the corner of the court.

*If you miss in a Work Phase, follow your shot for a put back. The shooter is blocked out the least on the floor. Following your shot is a great habit to develop.

WORKING HARD = GAME SPEED