

## Finishing in The Key Workout

### Warm-up

Mikan Drill (20 **makes** each side)

Reverse Mikan (20 **makes** each side)

Tip Drill (10 consecutive rebounds right hand, with a finish) (10 consecutive rebounds left hand, with a finish)

### Drill #1: Superman:

1. Start holding a basketball on the right block.
2. Toss the ball off of the backboard diagonally and catch it on the opposite side of the rim. (left side).
3. On the catch finish with a power move to the basket. Follow your finish with a quick jump as if going for a rebound (phrase you will start hearing is "Jump Jump").
4. After making the basket, quickly grab the ball and set-up on the left block.
5. Toss the ball to the right side, catch, and make a power move to finish. Once again following your shot with a quick rebounding jump (Jump Jump!).
6. This is repeated for 1 minute. Complete three rounds of different finishes.
7. Game speed. You want to get up as many finish shots as you can in 1 minute!
  - Round 1: Rebound & Finish, Jump Jump.
  - Round 2: Rebound, power dribble & finish, Jump Jump.
  - Round 3: Rebound, power dribble, reverse lay-up, Jump Jump.

**Shoot 10 Free-Throws** - keep track of makes and misses

### Drill #2: Block to Block Finishes

1. Start a step above the low block on the right block with a ball. Also start inside the key so you can catch just outside the key.
2. Give yourself a self-toss, stepping into the catch off the bounce landing in a two footed jump stop outside the key, so you have both pivots available and enough room to make either a baseline move or move to the middle.
3. For one minute complete post moves and finishes alternating sides after each move.
4. Always start with the self-toss and step into the catch.
5. To add to your development set a goal for makes on each side or total makes of each move instead of for time. We want scores around at the rim, not just shots.
  - Round 1: Drop step baseline Note: You can incorporate dribble drop, quick spin, head fake, etc
  - Round 2: Turn around short jumper shot fakes, etc... into each drill. Mix it up!!!
  - Round 3: Drop step middle (j-hook)
  - Round 4: Reverse Pivot short jumper
  - Round 5: Up and under 1 dribble to the rim

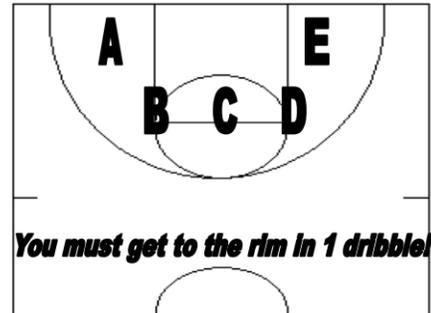
**Shoot 10 Free-Throws** - keep track of makes and misses (add to previous FT total)

### Drill #3

1. Use the same self toss pass simulation you used on the previous drill
2. Step into the catch at each spot on the perimeter and perform 5 different offensive moves.
3. After the cycle of 5 moves is completed, move to the next spot.
4. Once you have mastered the drill, set a goal for makes: # of makes per shot type, # of makes per spot. There is no right or wrong in setting this goal. The key is always focusing on shots you make, not the number of shots you take.

The moves are as follows:

- 1st shot: Catch and shoot
- 2nd shot: Catch and rip R 1 dribble finish
- 3rd shot: Catch and rip L 1 dribble finish
- 4th shot: Catch and shot fake, attack rim
- 5th shot: Catch and shot fake, shot



**Shoot 10 Free-Throws** - keep track of makes and misses (add to previous FT total)