

FINISHING SERIES

30-45 Total Minutes

MIKAN DRILLS

1. Mikan Square Ups

- 5 reps right side/right hand
- 5 reps left side/left hand

2. Mikan Square Up – Shot Fake

- 5 reps right side/right hand
- 5 reps left side/left hand

3. Mikan Running Layup

- 5 reps right side/right hand
- 5 reps left side/left hand

10. Power Stride

- 5 reps from right side
- 5 reps from left side

11. Stride Stop

- 5 reps from right side
- 5 reps from left side

12. Inside Hand Layup

- 5 reps from right side/left hand
- 5 reps from left side/right hand

FINISHING OPTIONS

4. Running Layup

- 5 reps from right side
- 5 reps from left side

5. Reverse Layups

- 5 reps attacking from left side and finishing on right side
- 5 reps attacking from right side and finishing on left side

6. Jump Stops

- 5 reps from right side
- 5 reps from left side

7. Quick Bounce

- 5 reps from right side
- 5 reps from left side

8. Pro Hop

- 5 reps from right side
- 5 reps from left side

9. Euro Step

- 5 reps from right side
- 5 reps from left side

