

# Red Routine

Around the hoop: Mikan high jumps (Make 10) Reverse (Make 10)

One hand shooting: "South" form (Make 10)

10 Foot Swishes: Add the balance hand (Make 10)  
Make 2 FT's in a row

Shoot off the pass: Spin the ball and square up (Make 5)  
Make 2 FT's in a row

Shoot off the dribble: 2 hard dribbles 15 ft. (Make 5)  
Make 2 FT's in a row

Shot Fake-one dribble: hip-chin-hip (Make 5)  
Make 2 FT's in a row

3 Point shooting: uplift power from your legs (Make 5)  
Make 2 FT's in a row

Combinations: Start well behind the 3pt. line and change  
direction with your dribble, pull up and shoot (Make 5)  
Shoot 10 FT's

Game Shots from Game Spots going Game Speed

Tough Competitor\*Good Teammate

# Black Routine

Around the hoop: Mikan high jumps (Make 10) Reverse Mikan (Make 10)

One hand shooting: "South" form (Make 10)

10 Foot Swishes: Add the balance hand (Make 10)

## *Alternate sides of the court for every rep*

Slot downhill "Bully Finishes": 2 dribbles (Make 4)

Slot downhill "Bully Step Through Middle": 2 dribbles (Make 4)

Wing middle drives: 2 dribbles, bully, baby hook (Make 4)

Baseline drives: 2 dribbles, bully, high jump (Make 4)

Right elbow "sit-split-explode": Take one dribble with your right hand, then BTL dribble to your left hand, one more dribble and bully to the left block area. (Make 4)

Stockton wing drive: 1-2 dribbles from the wing, finish with your left hand on the right side. (Make 4)

Post move: spin the ball, step off the block and reverse pivot, rip, one dribble and bully finish (Make 4)

Post move: up and under, start above the block, 1 dribble to the middle, shot fake, pivot and step through (Make 4)

Make 24 FT's

## Tough Competitor\*Good Teammate