

SOUTH POST ROUTINE – All Positions
GAME SHOTS, GAME SPEED (PARTNER CAN MAKE PASS)

Lefty – Righties: Make 20

Short Corner Drives: Make 4 from each short corner
Make 3 free throws

Drop Steps: Make 4 from each side
Make 3 free throws

Up and Under: Make 4 from each side
Make 3 free throws

1 dribble reverse pivots: Make 4 from each side
Make 3 free throws

Jump Hook Strong Hand: Make 8
Make 3 free throws

Backboard Touch Put Backs: Make 2 from each side
Backboard Touch Shot Fake Put Back: Make 2 from each side
Make 3 Free Throws

Follow the Miss: Make 5 shot fake make a move
Make 3 free throws

Elbow Square Ups: Make 5 each elbow
Make 3 FT's

Made 60 post moves, Made 24 free throws

Once this post workout is done, you can always do more. 😊

This is an **intense** individual shooting workout made for a

*** SOUTH BASKETBALL PLAYER ***