

THE **SECRET WEAPON** WORKOUT

THE MIKAN DRILL

Variations

Regular Mikans, Reverse Mikans

Reps

Make 10 of Each

FIGURE 8'S

Variations

Baby Dribbles, 3 Dribble Limit, 2 Dribble Limit

Reps

10 of Each Variation Going R & L

BALL ON A STRING DRILL

Variations

Crossovers, Through the Legs, Behind the Backs

Reps

To Half Court and Back For Each

FORM SHOOTING

Variations

Shoot With 1 Hand

Reps

Make 20

TOUCH SHOTS

Variations

Move Further Away From the Basket With Each Make

Reps

Make 20

DOWN SCREEN SHOOTING

Variations

Curl, Pop Out, Fade

Reps

Make 20 of Each

THE WING SWEEPER

Variations

Attack Baseline, Attack Middle

Reps

Make 10 from Each Spot (Both Wings and Top)



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