

# **Lady Buffs Summer Workout – 230 Made Shots**

## **Warm Up (30 Makes)**

1. Stationary Ball Handle – 30 sec each (2 Ball)
  - a. Control (Same Pound)
  - b. Alternate
  - c. In & Out (Windshield Wiper)
  - d. Push Pulls (Piston)
  - e. High Low (Right/Left)
  
2. Form Shooting (One Hand 3' to 5' From Basket) (**30 Makes**)
  - a. Right Side (Make 10)
  - b. Middle (Make 10)
  - c. Left (Make 10)

## **Mikan Series (80 Makes)**

- a. Regular (20 Makes)
- b. Step Thru (20 Makes)
- c. Intensity Layups (20 Makes)
- d. Reverse (20 Makes)

## **Pivot and Attack Series ( 55 Makes)**

1. Elbow Series- make 5 each
  - a. Toss ball from block to elbow-forward and reverse pivot, rip through layups, sweep/rip one dribble pull ups, both sides – totaling 20 each side
2. Make 15 pull ups in transition (left, middle, right-- 5 each spot) 12'-15'

## **Shooting Series (65 Makes)**

1. Shot fake 1 dribble pull up from all 3 areas (wings and top) – make 15, (5 each spot)
2. Sweep and go baseline – make 10, (5 each R & L Side)
3. Rip over top and go middle- make 10, (5 each R & L Side)
4. Make 2 3's from 5 spots (Baseline, Wing, Top, Wing, Baseline)
5. Make 20 free throws