



WORKOUT #4

1. Stationary Frame Shifts

Right Hand: 40 Reps

Left Hand: 40 Reps

2. Lift to Core Shift to Partial Speed Stop Exchange

Right Side: 10 Finishes (Mix up Finishes)

Left Side: 10 Finishes (Mix up Finishes)

3. Lift to Shot Balance Drill

5 Spots (5ft, 10ft, 12ft, 15ft)

Make 10 From Each Spot

4. Lift to Core Shift Step Back

Right Side: Make 10

Left Side: Make 10

5. Drag Screen Shooting

Right Side: Make 20

Left side: Make 20

6. 1 Minute Shooting - How Many Makes in 1 Min

5 Times 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

7. Two Ball Through Legs Burnout

5 Reps (Sideline to Sideline is 1 Rep)