



RAIDER POST ROUTINE ***GAME SHOTS, GAME SPEED***



Lefty – Righties: Make 20
Short Corner Drives: Make 3 from each short corner
 Make 3 free throws

Drop Steps: Make 5 from each side
 Make 3 free throws

Up and Under: Make 5 from each side
 Make 3 free throws

1 dribble reverse pivots: Make 5 from each side
 Make 3 free throws

Jump Hook Strong Hand: Make 10
 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 8 shot fake make a move
 Make 3 free throws

Elbow Square Ups: Make 4 each elbow
 Make 3 FT's

Made 55 post shots, Made 24 free throws