



FINISHING SCHOOL

1-Month Program

Objective:

The first month of finishing school is all about laying out a foundation that players can establish to build upon. Players will develop great touch around the basket working on a variety of ways to finish as well as develop effective footwork to be on balance & under control around the rim.

Not only is the physical component important to being consistent, but also the mental side is VITAL. Players MUST understand when and why to use these finishes. The video tutorials are broken down in detail for this reason + the players will be encouraged to watch the film study on the different finishes so it validate their reason for working on them. Look forward to having a great month! Let's get to work!

Mondays

Touch Finishes

1. Overhand Lay Ups: x10 makes each hand
2. Extended Lay Ups: x10 makes each hand
3. Nash Lay Ups: x10 makes each hand
4. Inside Hand Lay Ups: x10 makes each hand
5. Euro Step Lay Ups: x10 makes each hand

Elbow Finishing Series

1. Overhand Lay Ups: x5 makes each hand
2. Extended Lay Ups: x8 makes each hand
3. Nash Finish: x10 makes each hand

4. Inside Hand Lay Ups: x10 makes each hand
5. Euro –Step: x10 each hand

2-Spot Finishing Series

Going in this order making 1 shot on each side

1. Overhand Lay Up
2. Extended Lay Up
3. Inside Hand Lay Up
4. Nash Finish

***8 total makes – go through the series 2 times = 16 total makes**

Wednesdays

Touch Finishes

1. Off 2 Floaters: Shoulders Squared Up – x8 makes each hand
2. Off 2 Floaters: Shoulders Angled – x8 makes each hand
3. Up & Under – x8 makes each hand
4. Off 2: Ten Toes to the Baseline – x8 makes each hand
5. Curry Finishing – x8 makes each hand
6. Reverse Pivot – x8 makes each hand

Elbow Finishing Series

1. Off 2 Floaters: Shoulders Squared Up – x8 makes each hand

2. Off 2 Floaters: Shoulders Angled – x8 makes each hand
3. Up & Under – x8 makes each hand
4. Off 2: Ten Toes to the Baseline – x8 makes each hand
5. Over the Top Pick Up: x8 makes each hand
6. Reverse Pivot – x8 makes each hand

Paint Finishing Series

Go in this order – Make 1 before you move on to next finish.

1. Off 2 Floater: Shoulders Angled
2. Up & Under
3. Over the Top Pick Up Finish Opposite Side
4. Reverse Pivot

***Go through this series (4 total makes) twice to get 8 total makes on each side = 16 total makes**

Fridays

Touch Finishes

1. Extended Lay Ups: x8 makes each side
2. Nash Lay Ups: x8 makes each side
3. Inside Hand Lay Ups: x8 makes each side
4. Twist Lay Ups: x8 makes each side
5. Reverse Finishes: x8 makes each side

Elbow Finishing Series

1. Extended Lay Ups: x8 makes each side
2. Nash Lay Ups: x8 makes each side
3. Same Foot/Same Hand Finishes: x8 each side
4. Inside Hand Lay Ups: x8 makes each side
5. Twist Lay Ups: x8 makes each side

Reverse Finishing Series: x8 makes each side
(Start outside the block on right side)

2-Spot Finishing Series

Going in this order making 1 shot on each side

1. Overhand Lay Up

2. Extended Lay Up
3. Inside Hand Lay Up
4. Nash Finish

***8 total makes – go through the series 2 times = 16 total makes**

Baseline Finishing Series

1. Forward Pivot/Rip + Reverse Finish: x2 makes each side.
2. Reverse Pivot Jab & Go + Reverse Finish: x2 makes each side.
3. Forward Pivot + Off 2 Ten Toes to Baseline: x1 make each side.
4. Reverse Pivot Jab & Go + Off 2 Ten Toes to Baseline: x1 makes each side.
5. 12 total makes x 2 = 24 total makes

Luka Finishing Series

1. Drop & Go – Attack – Inside Hand Finish
2. Between the Legs – Attack – Twist Finish

***Continuous alternating reps | 10 total makes each side (5 of each finish)**

Saturdays/Sundays

Touch Finishes

1. Curry Finishing: x5 makes each side
2. Nash Lay Ups: x5 makes each side
3. Inside Hand Lay Ups: x5 makes each side
4. Euro Step Lay Ups: x5 makes each side
5. Off 2 Floaters: Shoulders Angled: x5 makes each side
6. Off 2 Floaters: Shoulders Squared: x5 makes each side
7. Up & Under: x5 makes each side
8. Reverse Pivot: x5 makes each side

End of the Week Challenges

1. X-Out Lay Ups

- a. Total # of Finishes in 1 Minute
- b. Record Score

Elbow Finishing Series

1. Over the Top Pick Ups | Opposite Side
Finish: x5 makes each side
2. Reverse Pivot: x5 makes each side

Finishing Breakdowns

1. Off 2 Floater: Shoulders Angled – x8 makes each side
2. Nash Finish – x8 makes each side
3. Inside Hand Finish – x8 makes each side
4. Up & Under: x8 makes each side
5. Ginobili Series (Euro-Step): x10 total makes (x5 each side)

2. Pick 2 out of any finishing drill

- a. Attempt 10 shots from each side
- b. Record # of makes on each side