

## Shaun Roger Wing Workouts

<https://www.youtube.com/watch?v=fD1NXn5D4LI>  
<https://www.youtube.com/watch?v=yTHWGVKdAQw>

### Mikan Combos

- Players in pairs. Combine 2/3 Mikan shots into BDT shooting.
- Load = 3 Mikan shots into live 1v1. Pass back to partner and close-out. Swap after each rep.
- Load = start with dribble combo. When player throws ball, pass existing ball and dribble new one. On third exchange, keep ball and score 2/3 Mikans. After last make pass ball back out, close out and live 1v1.
- Load = change the Mikan's (e.g. reverse or no net).
- Load = vary the Mikan's (e.g. normal backboard finish first, reverse second, net only last)
- Idea = Mikan into 2v1 Shooting
- Great example of how to interweave different skills which is better for retention.

### 'Footwork Cues'

- Players all with a ball. Can be in any spot close to the rim but outside the key. Coach yells out a number. This is the number of times the player does a through the legs dribble. After completing the through the legs, no more dribbles but take one step and score. First player to score gets the point. If both miss, keep going till a score.
- Load = two steps after the gather
- Load = go to new spots every time (e.g. short corner, elbow)
- Load = change the combo (e.g. behind back)
- Load = after saying the number, coach says 'opposite' or 'same.' This indicates the hand they use to finish in relation to their feet. E.g if they jump off left foot and coach says same, use left hand to finish. One step finishes to start.
- Load = 1 = behind the back. 2 and 3 = through the legs.
- Load = change the finish (e.g. euro/ windmill etc).

### BDT Shooting

- Must in a certain time-period. E.g. x20 or x30 seconds.

### Transition 1v1

- x1 starts by handing ball off to 1. 1 can then dribble outside-inside or inside-outside around any cone.
- After handing off, defense must get two feet outside key in opposite direction before playing D. If offense goes to straight cone, must go out of baseline.

