

# **KILLARNEY COUGARS**

## ***AT HOME WORKOUTS/WALKTHROUGH***

### **MIKANS**

- **Start in front and slightly under the basket.**
- **Step to the right with left foot and go up to the basket with right leg and right hand only.**
- **Get the rebound, try to stay to the middle of the basket.**
- **Step across to the left with right foot and go up to the basket with left leg and left hand only.**

### **REVERSE MIKANS**

- **Start under the backboard facing the court.**
- **Step to your right with left foot and ball in right hand.**
- **Jump off of left foot and lay the basketball up off the backboard with their right hand.**
- **Get rebound and try stay to the middle of the basket.**
- **Step to your left with right foot and ball in left hand.**
- **Jump off of right foot and lay the basketball up off the backboard with their left hand.**
- **Repeat for 60 seconds.**

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## ***AT HOME WORKOUTS/WALKTHROUGH***

### **LAY UPS**

- Start on the elbow.
- Do your lay up.
- Get the rebound.
- Return to the same elbow.
- Repeat for 60 seconds.
- Keep count of each score.



### **FINGER ROLL LAY UPS**

- Start on right elbow and drive to the basket for a lay up.
- Put your hand under the ball and let the ball roll off your fingers.
- Aim for the top right corner of the box same as normal lay up.
- Get rebound and dribble to the left elbow and repeat everything with left hand.
- Keep alternating sides.
- Repeat for 60 seconds.