



# FINISHING SCHOOL

## Month #2 Program

### Mondays

#### **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**

#### **Slot Drives: Finishing Series**

1. Over the Top Pick Up
2. Nash Finish
3. Inside Hand Finish

**\*Go through this series 5 times on each side (15 total makes each side)**

## Wednesdays

### **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**

### **Middle Drives: Finishing Series**

1. Stationary Drive Stance: Off 2 Floater: Shoulders Angled
2. Between the Legs: Off 2 Floater: Shoulders Angled
3. Jab/Rip: Off 2 Floater: Shoulders Angled
4. Stationary Drive Stance: Up & Under
5. Between the Legs: Up & Under
6. Jab/Rip: Up & Under

**\*Go through this series 2 times on each side (24 total makes)**

## **Fridays**

### **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**

### **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)

### **Slot Drives: Finishing Series**

1. Over the Top Pick Up
2. Nash Finish
3. Inside Hand Finish

**\*Go through this series 5 times on each side (15 total makes each side)**

### **Pace | Direction | Finish**

1. Over the Top Pick Up
2. Nash Finish
3. Inside Hand Finish

**\*Go through series 3 times each side (18 total makes)**

## ***End of the Week Challenges***

### ***1. X-Out Lay Ups***

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

### ***2. Pick 2 out of any finishing drill***

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