

# **Mikan Drills**

## **Description:**

It is designed to help basketball players develop rhythm, timing for rebounding, and scoring in the paint. The Mikan Drill's strength lies in the high repetition rate and therefore the ability for players to perform the desired technical skills multiple times in quick succession. A repetition for the Mikan Drill can be performed as quickly as once every 2-3 seconds so over the course of a one or two minute activity a very large amount of repetitions can be completed. You can use either 1 or 2 balls. It depends on your skill level.

## **Coaching Tips:**

- It's more important to do it right so start slow
- Keep the ball high
- Drive your knees up
- Find your rhythm
- Use the backboard
- Hold yourself accountable on your speed & form

## **Goals:**

**\*\*Minimum\*\***

- *Beginner: 10 Makes per drill*
- *Intermediate: 20 makes in 60 seconds per drill*
- *Advance: 25 makes in 60 seconds per drill*

## **One Leg Finishes**

The first four is one leg finishes. You start in front of the hoop with your chest facing the baseline.

- |                             |                              |
|-----------------------------|------------------------------|
| ● Inside Foot, Outside Hand | ● Outside Foot, Outside Hand |
| ● Inside Foot, Inside Hand  | ● Outside Foot, Inside Hand  |

### **One Leg Reverse Finishes**

The next four were one leg reverse finishes. You start underneath the hoop with your back facing the baseline.

- Reverse - Inside Foot, Outside Hand
- Reverse - Inside Foot, Inside Hand
- Reverse - Outside Foot, Outside Hand
- Reverse - Outside Foot, Inside Hand

### **Two Feet Finishes**

The next two were finishes off two feet. You start in front of the hoop with your chest facing the baseline.

- Two Feet - Outside Hand
- Two Feet - Inside Hand

### **Two Feet Reverse Finishes**

The next two were reverse finishes off of two feet. You start underneath the hoop with your back facing the baseline.

- Two Feet Reverse - Outside Hand
- Two Feet Reverse - Inside Hand