

THE JORDAN WORKOUT



30 Mins



Mikan Drill
20 shots each side



Reverse Mikan
20 shots each side



Block to Block Drill
10 layups each side



Hoop Cut and Ball Cut Drill
10 shots each side



Touch, Rebound Score Drill
10 layups each side



Combination Drill
10 layups each side



Jump Hook Drill
10 shots each side

Offensive Scoring Workout

O García

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the name O García.

Offensive Scoring Workout:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Offensive Scoring Workout** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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