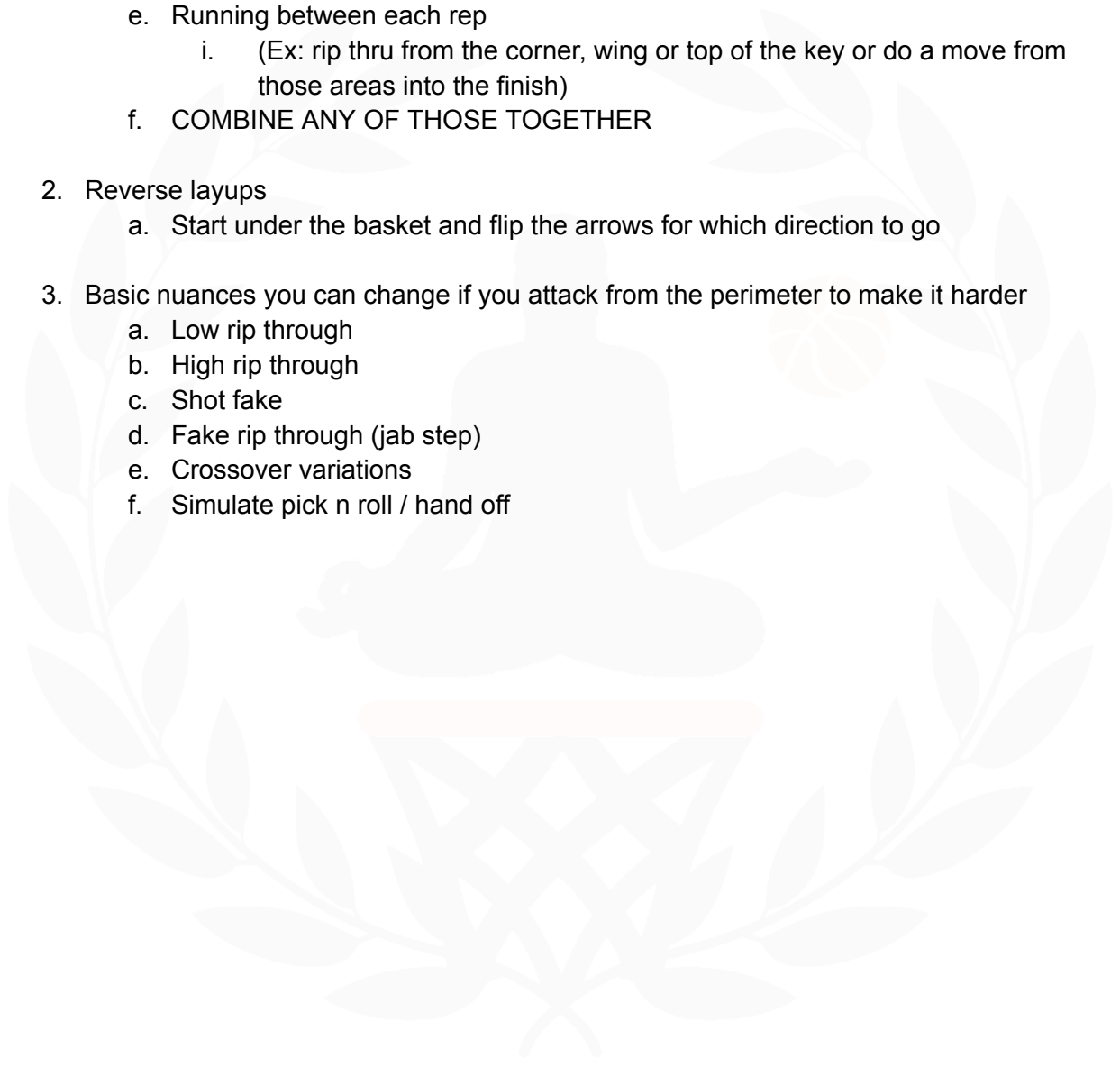


# GRANDMASTERHOOPS - PERFECT FINISHING PROGRAM - 2026

## PERFECT FINISHING WORKOUT EXPLANATION

1. What to do when it's too easy
    - a. Add More makes
    - b. Time constraints (X amount in Y seconds / minutes)
    - c. Makes in a row
    - d. Swishes only
    - e. Running between each rep
      - i. (Ex: rip thru from the corner, wing or top of the key or do a move from those areas into the finish)
    - f. COMBINE ANY OF THOSE TOGETHER
  2. Reverse layups
    - a. Start under the basket and flip the arrows for which direction to go
  3. Basic nuances you can change if you attack from the perimeter to make it harder
    - a. Low rip through
    - b. High rip through
    - c. Shot fake
    - d. Fake rip through (jab step)
    - e. Crossover variations
    - f. Simulate pick n roll / hand off
- 

Watch the explainer video first

Use this shooting map to reference the spots along with the video

Do all the layups with your dominant hand first from all angles before you switch to your off hand.



## **DAY 1 & 2**

Do these normal (right handed layups, jump off your left foot and vice versa)

### REGULAR LAYUPS

- Overhand backboard (25 makes each angle)
- Overhand no-bb (25 makes each side)
- Underhand backboard (25 makes each side)
- Underhand no-bb (25 makes each side)

### REVERSE LAYUPS

- Use backboard (25 makes each side)
- No-bb (25 makes each side)

### FLOATERS (a few steps back)

- Overhand backboard (25 makes each side)
- Overhand no-bb (25 makes each side)
- Underhand backboard (25 makes each side)
- Underhand no-bb (25 makes each side)

REPEAT THE FULL WORKOUT AGAIN WITH THE LEFT HAND

## **DAY 3 & 4**

Do the exact same workout as Day 1 & 2 except you will jump off 2 feet for each finish

## **DAY 5 & 6**

Do the exact same workout as Day 1 & 2 except you will go same foot same hand

Example: If you shoot a layup with your right hand, jump off your right foot and vice versa

## **DAY 7**

Do whatever. Work on the ones your struggles with the most this week and try to get comfortable with them