

COOK4EVER

BASKETBALL

PRESENTS

FINISHING SYSTEM- FOUNDATION PROGRAM



Introduction

WHO IS THIS FOR?

This is for you — if you truly want to get better.

If you're willing to follow the drills and commit to the details explained, this program will help you elevate your finishing ability.

Along with this PDF, you will have access to demonstration videos for each drill. These videos break down proper execution and explain the reasoning behind what we are doing.

Most players overcomplicate finishing — and that's why they struggle more than they need to.

Simplicity. Attention to detail. Flow. Timing. Angles. Persistence.

Master those, and you become an elite finisher at the rim.

The Process to Becoming a Great Finisher

No matter your level, do not overlook any drill in this program.

Even advanced players benefit from the beginner series. Why? Because the fundamentals sharpen your attention to detail — and attention to detail separates good finishers from great ones.

The process revolves around:

- Consistency
- Discipline
- Repetition with purpose
- Commitment to proper angles and timing

The more seriously you take the details, the more consistent your results will become.

How Often to Train

Apply this training at least 3 days per week minimum.

You can complete it before or after team practice. This keeps your touch sharp and your timing locked in.

The more intentional and consistent you are, the faster you will see results.

Drill 1 – Balance Finish (Beginner)

Right Side of the Court

(Elbow and/or Short Wing)

- Two hands on the ball
- **Left foot** on the floor
- **Right foot** up
- As you move forward, **push the ball slightly in front of you**
- Take **two steps forward**
- Jump on the **second step**
- Finish the layup **off your left leg**

Left Side of the Court

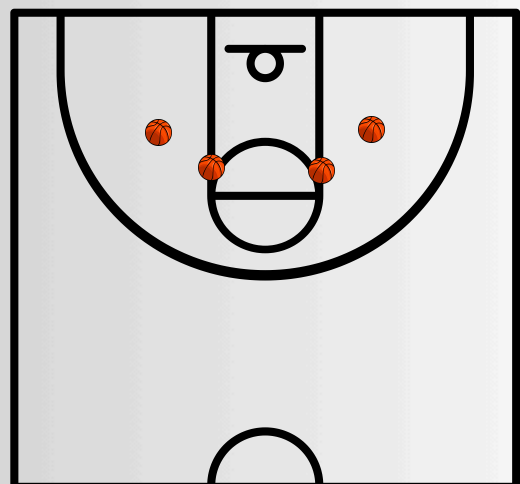
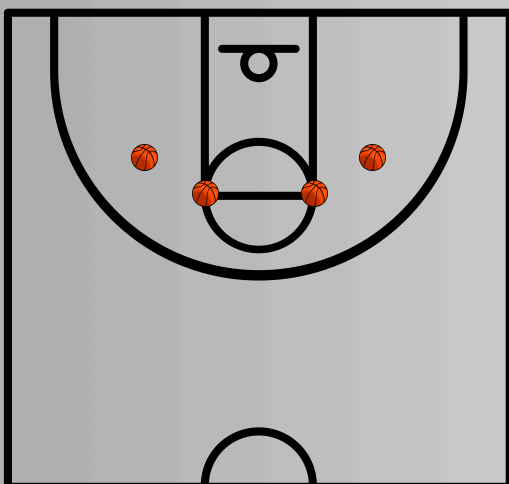
(Elbow and/or Short Wing)

- Two hands on the ball
- **Right foot** on the floor
- **Left foot** up
- Push the ball forward as you move
- Two steps forward
- Jump on the second step
- Finish the layup **off your right leg**

Purpose:

This drill builds your **natural movement pattern to the rim**. We want smooth flow, proper angles, and controlled momentum. Move *forward* with purpose — no looping or drifting. Every step matters.

Your starting spot may vary based on height, strength, and explosiveness. Use the images below as reference points. If you feel too close or too far, adjust your starting distance while keeping the same angled line of attack to the rim.



You've Only Seen the Beginning

Finishing doesn't start with creativity. It starts with balance, timing, angles, momentum, and repetition.

The Balance Finish is only the first step in the Finishing System – Foundation Program.

Inside the full program, you'll learn:

- **Balance finishes**
- **Timing finishes**
- **Angle finishes**
- **Curved finishes**
- **Reactive finishes**
- **Footwork variations**
- **Common mistakes and corrections**
- **Video demonstrations**
- **Progress tracking**
- **Coaching updates**
- **Member support**

Remember:

Great finishers aren't born. They are built through consistent repetition and attention to detail.

If you're ready to take the next step, join the full Finishing System – Foundation Program.

– Coach Euro