



20 INDIVIDUAL SHOOTING WORKOUTS

C O A C H M A C
basketballforcoaches.com

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INTRODUCTION

Hey there,

Many coaches will be surprised to learn how few shots players actually attempt during team practices.

With so many other skills, offenses, defenses, and special situations to work on during team practices, players have no chance of shooting an amount of shots that will make them a better shooter.

If you want to develop great shooters, it's imperative that your players are working on their shot in their own time.

The biggest problem with this is that most players have absolutely no idea what they're meant to work on when they're at the gym by themselves or with friends...

They end up going to the gym, mucking around with their friends and throwing up a few three-pointers, and then going home thinking they improved.

Do you think players actually improve when they do this? I don't.

Which is why I've put together this book of 20 individual shooting workouts.

By providing your players with shooting workouts they can perform on their own, you can be sure that they're doing the right things to improve their shot when they're by themselves at the gym.

Before you get to the shooting workouts, here are a few things you should remember:

- All of the following 20 workouts have been deliberately designed for players that only have access to a basketball and a hoop. There is no fancy equipment required that only the top players will have available to them. In some workouts, I will recommend using a chair or cone as a defender, but the drill can easily be performed without one.
- These individual workouts can be performed with a partner. In fact, I recommend it if you have one available. That way players can rebound for each other and two people will be getting better instead of one. So encourage your players to take a friend when they go to the gym to work on their shot!
- To be a great shooter, I recommend performing one of these workouts at least 5 times a week. To be a good shooter, perform a shooting workout 3 times a week.
- I once wrote a post that shared 3 absolute musts for every basketball workout. They are:
 1. You must have a plan (you will find 20 of them in this book).
 2. You must workout at game speed (it's the only way to improve).
 3. You must track your shots (take a pen and don't forget to write down your attempts).

- If you need to adjust the amount of made shots on certain workouts, go for it! Customize the shooting plans to suit your players.
- Finally, don't be afraid to switch up the workouts. It would be boring to perform the same workout every time you go to the gym.

Allow guards to perform post workouts and vice versa. Doing so creates positionless players and keeps the workouts fresh and interesting!

Good luck!

— Coach Mac

Basic Guard Shooting Workout

"I use my scoring ability to be a better passer, and my passing ability to become a better scorer."

- Steve Nash

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|--|--------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 3ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 3ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| X Out Layups | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Chair Attack: In-and-Out, Drive | 8 | 8 / | 8 / | 8 / | 8 / | 8 / | 8 / |
| Chair Attack: In-and-Out, Shot | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| Chair Attack: Crossover, Drive | 8 | 8 / | 8 / | 8 / | 8 / | 8 / | 8 / |
| Chair Attack: Crossover, Shot | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| Chair Attack: Through-the-Legs, Drive | 8 | 8 / | 8 / | 8 / | 8 / | 8 / | 8 / |
| Chair Attack: Through-the-Legs, Shot | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |

| | | | | | | | |
|---|---|-----|-----|-----|-----|-----|-----|
| Chair Attack: Behind-the-Back, Drive | 8 | 8 / | 8 / | 8 / | 8 / | 8 / | 8 / |
| Chair Attack: Behind-the-Back, Shot | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| PnR Guard: Drive | 8 | 8 / | 8 / | 8 / | 8 / | 8 / | 8 / |
| PnR Guard: 2-Dribble Pull-Up | 8 | 8 / | 8 / | 8 / | 8 / | 8 / | 8 / |
| PnR Guard: Step Back Three | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| PnR Guard: Deny Screen, Drive | 8 | 8 / | 8 / | 8 / | 8 / | 8 / | 8 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Pull-Up: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Pull-Up: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Pull-Up: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |

| | | | | | | | |
|--|-------------------------------|-------|-------|-------|-------|-------|-------|
| 1-Dribble Pull-Up: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Pull-Up: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Corner | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Three-Point Shots: Left Wing | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Three-Point Shots: Top of Key | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Three-Point Shots: Right Wing | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Three-Point Shots: Right Corner | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Total: | 196 Made Shots | 196 / | 196 / | 196 / | 196 / | 196 / | 196 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Basic Guard Workout Instructions

Overview: The Basic Workout is a workout consisting of 196 made shots that focus on scoring out of the pick-and-roll, driving to the basket, and outside shooting. This is a great workout for all guards.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

X-Out Layups — 10 Made Shots — X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this until 10 made layups.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Chair Attack Series — 48 Made Shots — Begin this drill by placing a chair or cone on each wing at the three-point line. The player will then attack one of the chairs off the dribble by performing a move that will lead into a layup or a jump shot. Each time they rebound the basketball, they then dribble out to the other side and attack the chair on the opposite wing. You must make the following moves:

- In-and-out, drive x 8
- In-and-out, jump shot x 4
- Crossover, drive x 8
- Crossover, jump shot x 4
- Through-the-legs, drive x 8
- Through-the-legs, jump shot x 4
- Behind-the-back, drive x 8
- Behind-the-back, jump shot x 4

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Pick and Roll Series — 28 Made Shots — Start by placing 1 chair on each wing. Switching sides after each shot, perform the following moves off the pick and roll for the set amount of made shots:

- Drive to the basket - 8 makes.
- 2-dribble pull-up - 8 makes.
- Step back, three-point shot - 4 makes.
- Deny screen, drive - 8 makes.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

1-Dribble Pull-Up — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots starting from the three-point line. The five spots are left corner, left wing, top of the key, right wing, right corner.

Three-Point Shooting — 15 Made Shots — Starting in the left corner, make 3 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Basic Post Shooting Workout

"It's not up to anyone else to make me give my best."

- Hakeem Olajuwon

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|------------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 7ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Block to Block | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Short Corner to Short Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Mikan Layups | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Reverse Mikan Layups | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Low Post: Drop Steps | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Low Post: Jump Hooks | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |

| | | | | | | | |
|---|-------------------------------|-------|-------|-------|-------|-------|-------|
| Low Post: Up and Under | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Low Post: Fade Away | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Low Post: Reverse Pivot, Shot | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Elbow to Elbow | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Top of the Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Total: | 221 Made Shots | 221 / | 221 / | 221 / | 221 / | 221 / | 221 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Basic Post Workout Instructions

Overview: The Basic Post Workout is a workout consisting of 221 made shots that focus on scoring out of the low post and shooting the midrange shot. This is a great workout for all any players that want to improve their post game.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Block to Block — 20 Made Shots — Continuous jump shots swapping from block to block until you've made 20 shots.

Short Corner to Short Corner — 10 Made Shots — Continuous jump shots swapping from short corner to short corner until you've made 20 shots.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Mikan Layups — 20 Made Shots — Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues for the 20 made shots.

Reverse Mikan Layups — 20 Made Shots — Stand under the basket with your back towards the baseline. Begin by shooting a layup with your right hand and then catch the basketball high as soon as the shot falls through the net. Immediately lay the ball up with your left hand on the other side. This continues for the 20 made shots.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Low Block Post Moves — 80 Made Shots — While switching blocks after each shot, make following moves:

- Drop step x 20
- Jump hook x 20
- Up-and-under x20
- Fade away x10
- Reverse pivot, shot x 10

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Elbow to Elbow — 10 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 10 shots.

Midrange Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Advanced Guard Shooting Workout

"No matter how many shots you miss, you gotta always have the confidence that the next one is going in."

- Steph Curry

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|------------------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 7ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Corner to Elbow | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Elbow to Elbow | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Elbow to Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Corner to Wings | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Wing to Wing | 5 | 5 / | 5 / | 4 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Wing to Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |

| | | | | | | | |
|---|----|------|------|------|------|------|------|
| PnR Left Wing: 2-Dribble Jump Shots | 7 | 7 / | 7 / | 7 / | 7 / | 7 / | 7 / |
| PnR Top of Key: 2-Dribble Jump Shots | 7 | 7 / | 7 / | 7 / | 7 / | 7 / | 7 / |
| PnR Right Wing: 2-Dribble Jump Shots | 7 | 7 / | 7 / | 7 / | 7 / | 7 / | 7 / |
| PnR Left Wing: Step Back Three | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| PnR Top of Key: Step Back Three | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| PnR Right Wing: Step Back Three | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| PnR Left Wing: Drive and Finish | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| PnR Top of Key: Drive and Finish | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| PnR Right Wing: Drive and Finish | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Advanced Layup Series x2: Left Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Advanced Layup Series x2: Left Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Advanced Layup Series x2: Top of Key | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Advanced Layup Series x2: Right Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Advanced Layup Series x2: Right Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |

| | | | | | | | |
|--|---------------------------|-------|-------|-------|-------|-------|-------|
| Three-Point Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Transition Pull-Up: Left Elbow | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Transition Pull-Up: Right Elbow | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Transition Threes: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Transition Threes: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Transition Threes: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Total: | 281 Made Shots | 281 / | 281 / | 281 / | 281 / | 281 / | 281 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Advanced Guard Workout

Instructions

Overview: The Advanced Guard Workout is a tough workout consisting of 281 made shots that focus on scoring out of the pick-and-roll, different ways of finishing at the basket, and outside shooting. This is a great workout for all advanced guards.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — 30 Made Shots — In this drill you will perform 3 different sets of movements. You will have two points and you must keep switching between them and make 10 shots during each set.

- Set 1: Left corner to left elbow - 10 made shots.
- Set 2: Elbow to Elbow - 10 made shots.
- Set 3: Right corner to right elbow - 10 made shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 15 Made Shots — In this drill you will perform 3 different sets of movements. You will have two points and you must keep switching between them and make 5 shots during each set.

- Set 1: Left corner to left wing - 5 made shots.
- Set 2: Left wing to right wing - 5 made shots.
- Set 3: Right corner to right wing - 5 made shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Pick and Roll Series — 66 Made Shots — During the pick and roll series you will make 22 shots from 3 different spots on the floor. The left wing, top of the key, and the right wing. You must make the following shots at each of the 3 spots.

- 2-dribble jump shot x 7
- Step back three-pointer x 5
- Drive and finish x 10

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Advanced Layup Series — 50 Made Shots — During the advanced layup series you must make 10 layups beginning from outside the three-point line at each of the 5 spots. The five spots are left corner, left wing, top of the key, right wing, right corner. Make sure you attack the basket! The 5 layups you must make are:

- Right-hand layup.
- Left-hand layup.
- Reverse layup.
- Floater.
- Euro step.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Transition Pull-Ups from the Elbows — 20 Made Shots — Starting at half-court, dribble towards the basket at game-speed and make 10 pull-up shots from the right elbow and 10 pull-up shots from the left elbow.

Transition Three-Point Pull-Ups — 15 Made Shots — Starting at half-court, dribble towards the basket at game-speed and make 5 pull-up shots from the right wing, top of the key, and left wing for a total of 15 made shots.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Advanced Post Shooting Workout

"It's not about the number of hours you practice, it's about the number of hours your mind is present during the practice."

- Kobe Bryant

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|------------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Mikan Layups | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Reverse Mikan Layups | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5 ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 7ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Block to Block | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Short Corner to Short Corner | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Right Low Post: Drop Step | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Right Low Post: Jump Hook | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Right Low Post: Up-and-Under | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Right Low Post: Fade Away | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |

| | | | | | | | |
|--|-----------|------|------|------|------|------|------|
| Right Low Post: Reverse Pivot, Jump Shot | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Left Low Post: Drop Step | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Left Low Post: Jump Hook | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Left Low Post: Up-and-Under | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Left Low Post: Fade Away | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Left Low Post: Reverse Pivot, Jump Shot | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Elbow to Elbow | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Right High Post: Shot Fake, 1-Dribble Layup | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Right High Post: Shot Fake, Spin Layup | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Left High Post: Shot Fake, 1-Dribble Layup | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Left High Post: Shot Fake, Spin Layup | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Left Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Left Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Top of Key | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |

| | | | | | | | |
|--|---------------------------|-------|-------|-------|-------|-------|-------|
| Midrange Shots: Right Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Right Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Corner | 5 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Three-Point Shots: Left Wing | 5 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Three-Point Shots: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Total: | 360 Made Shots | 360 / | 360 / | 360 / | 360 / | 360 / | 360 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Advanced Post Workout Instructions

Overview: The Advanced Post Workout is a tough workout consisting of 355 made shots that focus on scoring out of the low post, high post, and also incorporates outside shooting. This is a great workout for all any players that want to improve their post game.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Mikan Layups — 20 Made Shots — Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues for the 20 made shots.

Reverse Mikan Layups — 20 Made Shots — Stand under the basket with your back towards the baseline. Begin by shooting a layup with your right hand and then catch the basketball high as soon as the shot falls through the net. Immediately lay the ball up with your left hand on the other side. This continues for the 20 made shots.

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 10 Made Shots — Make 10 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 10 Made Shots — Make 10 shots shooting from 7ft away from the basket.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Block to Block — 20 Made Shots — Continuous jump shots swapping from block to block until you've made 20 shots.

Short Corner to Short Corner — 20 Made Shots — Continuous jump shots swapping from short corner to short corner until you've made 20 shots.

Right Block Post Moves — 50 Made Shots — From the right block, make 10 shots of each of the following moves:

- Drop step.
- Jump hook.
- Up-and-under.
- Fade away.
- Reverse pivot, shot.

Left Block Post Moves — 50 Made Shots — From the left block, make 10 shots of each of the following moves:

- Drop step.
- Jump hook.
- Up-and-under.
- Fade away.
- Reverse pivot, shot.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Elbow to Elbow — 20 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 20 shots.

Right Elbow Post Moves — 10 Made Shots — From the right elbow, make 5 shots of each of the following moves:

- Shot fake, 1-dribble layup.
- Shot fake, 1-dribble spin layup.

Left Elbow Post Moves — 10 Made Shots — From the left elbow, make 5 shots of each of the following moves:

- Shot fake, 1-dribble layup.
- Shot fake, 1-dribble spin layup.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — 50 Made Shots — Starting in the left corner, make 10 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

30 Minute Guard Shooting Workout

"No one I know works harder than me. And no one I'll ever meet will ever outwork me. I just won't let that happen."

- Kevin Durant

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 1m | | | | | | |
| Form Shooting: 5ft | 1m | | | | | | |
| Form Shooting: 7ft | 1m | | | | | | |
| Free Throws | 1m | | | | | | |
| X-Out Layups | 1m | | | | | | |
| Block to Block | 1m | | | | | | |
| Elbow to Elbow | 1m | | | | | | |
| Three-Point Shots | 1m | | | | | | |
| Free Throws | 2m | | | | | | |
| Rest | 1m | | | | | | |
| Low Post: Drop Step | 1m | | | | | | |
| Low Post: Jump Hook | 1m | | | | | | |

| | | | | | | | |
|--|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Low Post: Fade Away | 1m | | | | | | |
| Low Post: Up-and-Under | 1m | | | | | | |
| Chair Attack: In-and-Out, Drive | 1m | | | | | | |
| Chair Attack: Crossover, Drive | 1m | | | | | | |
| Chair Attack: Through-the-Legs, Drive | 1m | | | | | | |
| Chair Attack: Behind-the-Back, Drive | 1m | | | | | | |
| Chair Attack: In-and-Out, Shot | 1m | | | | | | |
| Chair Attack: Crossover, Shot | 1m | | | | | | |
| Chair Attack: Through-the-Legs, Shot | 1m | | | | | | |
| Chair Attack: Behind-the-Back, Shot | 1m | | | | | | |
| Rest | 1m | | | | | | |
| Midrange Shots | 2m | | | | | | |
| Three-Point Shots | 2m | | | | | | |
| Free Throws | 2m | | | | | | |
| Total: | 30 Mins | 30 Mins | 30 Mins | 30 Mins | 30 Mins | 30 Mins | 30 Mins |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

30 Minute Guard Workout

Instructions

Overview: A 30 minute timed workout for the guard position. This workout has a focus of attacking and scoring off the dribble as well as outside shooting and some low-post practice.

You Will Need:

- A device to time the workout. This could be an iPhone, iPad, game-clock, stopwatch, etc.
- One basketball.
- 2 chairs or cones.

Caution with Timed Workouts: There are two major problems that arise when you perform timed workouts:

1. Knowing when to change drills and what to do next. You can use an iPad or iPhone with the clock showing to help you keep track of time. You don't want to be running to the piece of paper each time.
2. Tracking your results. With only one minute of shooting for most drills, that doesn't leave much time to mark down your results.

With that said, my recommendation is to only use a timed workout when you have someone else there (a parent, coach, or teammate) that can keep track of the time, mark down your results, and tell you which drill is next.

WORKOUT INSTRUCTIONS:

0:00 - 0:01 — Form Shooting 3ft: Shoot for 1 minute from 3ft away from the basket.

0:01 - 0:02 — Form Shooting 5ft: Shoot for 1 minute from 5ft away from the basket.

0:02 - 0:03 — Form Shooting 7ft: Shoot for 1 minute from 7ft away from the basket.

0:03 - 0:04 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:04 - 0:05 — X-Out Layups: X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this for 1 minute.

0:05 - 0:06 — Block to Block: Continuous jump shots swapping from block to block after every shot for 1 minute.

0:06 - 0:07 — Elbow to Elbow: Continuous jump shots swapping from elbow to elbow after each shot for 1 minute.

0:07 - 0:08 — Three-Point Shots: Shoot three-pointers from anywhere beyond the arc for 1 minute.

0:08 - 0:10 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes

0:10 - 0:11 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:11 - 0:15 — Low Block Post Moves: Switching from one side to the other, perform the following low post moves for 1 minute each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

0:15 - 0:23 — Chair Attack Series: Begin this drill by placing a chair or cone on each wing at the three-point line. The player will then attack one of the chairs off the dribble by performing a move that will lead into a layup or a jump shot. Each time they rebound the basketball, they then dribble out to the other side and attack the chair on the opposite wing. Perform the following moves for 1 minute each.

- In-and-out, drive.
- In-and-out, jump shot.
- Crossover, drive.
- Crossover, jump shot.
- Through-the-legs, drive.
- Through-the-legs, jump shot.
- Behind-the-back, drive.
- Behind-the-back, jump shot.

0:23 - 0:24 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:24 - 0:26 — Midrange Shooting: Shoot midrange shots from anywhere on the floor for 2 minutes.

0:26 - 0:28 — Three-Point Shooting: Shoot three-pointers from anywhere beyond the arc for 2 minutes.

0:28 - 0:30 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes.

30 Minute Post Shooting Workout

"The time when there is no one there to feel sorry for you or cheer for you is when a player is made."

- Tim Duncan

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|-------------------------------------|--------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Form Shooting: 3ft | 1m | | | | | | |
| Form Shooting: 5ft | 1m | | | | | | |
| Form Shooting: 7ft | 1m | | | | | | |
| Free Throws | 1m | | | | | | |
| X-Out Layups | 1m | | | | | | |
| Block to Block | 1m | | | | | | |
| Elbow to Elbow | 1m | | | | | | |
| Wing to Wing | 1m | | | | | | |
| Short Corner to Short Corner | 1m | | | | | | |
| Free Throws | 1m | | | | | | |
| Rest | 1m | | | | | | |
| Low Post: Drop Step | 2m | | | | | | |

| | | | | | | | |
|---|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Low Post: Jump Hook | 2m | | | | | | |
| Low Post: Fade Away | 2m | | | | | | |
| Low Post: Up-and-Under | 2m | | | | | | |
| Free Throws | 1m | | | | | | |
| Rest | 1m | | | | | | |
| High Post: Jab Step, Shoot | 2m | | | | | | |
| High Post: Shot Fake, Drive | 2m | | | | | | |
| High Post: Shot Fake, 1-Dribble Spin | 2m | | | | | | |
| High Post: Shot Fake, Shoot | 2m | | | | | | |
| Midrange Shooting | 1m | | | | | | |
| Total: | 30 Mins | 30 Mins | 30 Mins | 30 Mins | 30 Mins | 30 Mins | 30 Mins |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

30 Minute Post Workout Instructions

Overview: A 30-minute timed workout for the post position. This workout has focus on scoring off both the low and high block as well as mid-range shooting.

You Will Need:

- A device to time the workout. This could be an iPhone, iPad, game-clock, stopwatch, etc.
- One basketball.

Caution with Timed Workouts: There are two major problems that arise when you perform timed workouts:

1. Knowing when to change drills and what to do next. You can use an iPad or iPhone with the clock showing to help you keep track of time. You don't want to be running to the piece of paper each time.
2. Tracking your results. With only one minute of shooting for most drills, that doesn't leave much time to mark down your results.

With that said, my recommendation is to only use a timed workout when you have someone else there (a parent, coach, or teammate) that can keep track of the time, mark down your results, and tell you which drill is next.

WORKOUT INSTRUCTIONS:

0:00 - 0:01 — Form Shooting 3ft: Shoot for 1 minute from 3ft away from the basket.

0:01 - 0:02 — Form Shooting 5ft: Shoot for 1 minute from 5ft away from the basket.

0:02 - 0:03 — Form Shooting 7ft: Shoot for 1 minute from 7ft away from the basket.

0:03 - 0:04 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minutes.

0:04 - 0:05 — X-Out Layups: X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this for 1 minute.

0:05 - 0:06 — Block to Block: Continuous jump shots swapping from block to block after every shot for 1 minute.

0:06 - 0:07 — Elbow to Elbow: Continuous jump shots swapping from elbow to elbow after each shot for 1 minute.

0:07 - 0:08 — Wing to Wing: Continuous jump shots swapping from wing to wing after each shot for 1 minute.

0:08 - 0:09 — Short Corner to Short Corner: Continuous jump shots swapping from short corner to short corner after each shot for 1 minute.

0:09 - 0:10 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minutes.

0:10 - 0:11 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:11 - 0:19 — Low Post Moves: Switching from block to block after each shot, perform the following post moves for 2 minutes each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

0:19 - 0:20 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:20 - 0:21 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:21 - 0:29 — High Post Moves: Switching from elbow to elbow after each shot, perform the following post moves for 2 minutes each:

- Jab step, shoot.
- Shot fake, drive.
- Shot fake, 1-dribble spin.
- Shot fake, shoot.

0:29 - 0:30 — Midrange Shooting: Shoot midrange shots from anywhere on the floor for 1 minute.

1 Hour Guard Shooting Workout

"I got overlooked in high school and college. My main thing was to just outwork everybody."

- Damian Lillard

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|-------------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 1m | | | | | | |
| Form Shooting: 5ft | 1m | | | | | | |
| Form Shooting: 7ft | 1m | | | | | | |
| Free Throws | 2m | | | | | | |
| X-Out Layups | 1m | | | | | | |
| Block to Block | 1m | | | | | | |
| Elbow to Elbow | 1m | | | | | | |
| Wing to Wing | 1m | | | | | | |
| Three-Point Shots | 1m | | | | | | |
| Free Throws | 2m | | | | | | |
| Rest | 1m | | | | | | |
| Right Low Block: Drop Step | 1m | | | | | | |

| | | | | | | | |
|---|----|--|--|--|--|--|--|
| Right Low Block: Jump Hook | 1m | | | | | | |
| Right Low Block: Fade Away | 1m | | | | | | |
| Right Low Block: Up-and-Under | 1m | | | | | | |
| Left Low Block: Drop Step | 1m | | | | | | |
| Left Low Block: Jump Hook | 1m | | | | | | |
| Left Low Block: Fade Away | 1m | | | | | | |
| Left Low Block: Up-and-Under | 1m | | | | | | |
| Free Throws | 1m | | | | | | |
| Rest | 1m | | | | | | |
| RW Chair Attack: In-and-Out, Drive | 1m | | | | | | |
| RW Chair Attack: In-and-Out, Jump Shot | 1m | | | | | | |
| RW Chair Attack: Crossover, Drive | 1m | | | | | | |
| RW Chair Attack: Crossover, Jump Shot | 1m | | | | | | |
| RW Chair Attack: Through-the-Legs, Drive | 1m | | | | | | |
| RW Chair Attack: Through-the-Legs, Jump Shot | 1m | | | | | | |
| RW Chair Attack: Behind-the-Back, Drive | 1m | | | | | | |

| | | | | | | | |
|---|-----|--|--|--|--|--|--|
| RW Chair Attack: Behind-the-Back, Jump Shot | 1m | | | | | | |
| Free Throws | 1m | | | | | | |
| Rest | 1m | | | | | | |
| LW Chair Attack: In-and-Out, Drive | 1m | | | | | | |
| LW Chair Attack: In-and-Out, Jump Shot | 1m | | | | | | |
| LW Chair Attack: Crossover, Drive | 1m | | | | | | |
| LW Chair Attack: Crossover, Jump Shot | 1m | | | | | | |
| LW Chair Attack: Through-the-Legs, Drive | 1m | | | | | | |
| LW Chair Attack: Through-the-Legs, Jump Shot | 1m | | | | | | |
| LW Chair Attack: Behind-the-Back, Drive | 1m | | | | | | |
| LW Chair Attack: Behind-the-Back, Jump Shot | 1m | | | | | | |
| Free Throws | 1m | | | | | | |
| Rest | 1m | | | | | | |
| Midrange Shot: Left Corner | 30s | | | | | | |
| Midrange Shot: Left Wing | 30s | | | | | | |
| Midrange Shot: Top of the Key | 30s | | | | | | |

| | | | | | | | |
|--|-----|--|--|--|--|--|--|
| Midrange Shot: Right Wing | 30s | | | | | | |
| Midrange Shot: Right Corner | 30s | | | | | | |
| Rest | 1m | | | | | | |
| 1-Dribble Pull-Up: Left Corner | 30s | | | | | | |
| 1-Dribble Pull-Up: Left Wing | 30s | | | | | | |
| 1-Dribble Pull-Up: Top of Key | 30s | | | | | | |
| 1-Dribble Pull-Up: Right Wing | 30s | | | | | | |
| 1-Dribble Pull-Up: Right Corner | 30s | | | | | | |
| Rest | 1m | | | | | | |
| 2-Dribble Pull-Up: Left Corner | 30s | | | | | | |
| 2-Dribble Pull-Up: Left Wing | 30s | | | | | | |
| 2-Dribble Pull-Up: Top of Key | 30s | | | | | | |
| 2-Dribble Pull-Up: Right Wing | 30s | | | | | | |
| 2-Dribble Pull-Up: Right Corner | 30s | | | | | | |
| Rest | 1m | | | | | | |
| Three-Point Shot: Left Corner | 30s | | | | | | |

| | | | | | | | |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Three-Point Shot: Left Wing | 30s | | | | | | |
| Three-Point Shot: Top of Key | 30s | | | | | | |
| Three-Point Shot: Right Wing | 30s | | | | | | |
| Three-Point Shot: Right Corner | 30s | | | | | | |
| Rest | 1m | | | | | | |
| Deep Three-Point Shot: Left Corner | 30s | | | | | | |
| Deep Three-Point Shot: Left Wing | 30s | | | | | | |
| Deep Three-Point Shot: Top of Key | 30s | | | | | | |
| Deep Three-Point Shot: Right Wing | 30s | | | | | | |
| Deep Three-Point Shot: Right Corner | 30 | | | | | | |
| Total: | 1 Hour | 1 Hour | 1 Hour | 1 Hour | 1 Hour | 1 Hour | 1 Hour |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

1 Hour Guard Workout Instructions

Overview: A 1-hour timed workout for the guard position. This workout has a focus of attacking and scoring off the dribble as well as outside shooting from all over the floor.

You Will Need:

- A device to time the workout. This could be an iPhone, iPad, game-clock, stopwatch, etc.
- One basketball.
- 2 chairs or cones.

Caution with Timed Workouts: There are two major problems that arise when you perform timed workouts:

1. Knowing when to change drills and what to do next. You can use an iPad or iPhone with the clock showing to help you keep track of time. You don't want to be running to the piece of paper each time.
2. Tracking your results. With only one minute of shooting for most drills, that doesn't leave much time to mark down your results.

With that said, my recommendation is to only use a timed workout when you have someone else there (a parent, coach, or teammate) that can keep track of the time, mark down your results, and tell you which drill is next.

WORKOUT INSTRUCTIONS:

0:00 - 0:01 — Form Shooting 3ft: Shoot for 1 minute from 3ft away from the basket.

0:01 - 0:02 — Form Shooting 5ft: Shoot for 1 minute from 5ft away from the basket.

0:02 - 0:03 — Form Shooting 7ft: Shoot for 1 minute from 7ft away from the basket.

0:03 - 0:05 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes.

0:05 - 0:06 — X-Out Layups: X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this for 1 minute.

0:06 - 0:07 — Block to Block: Continuous jump shots swapping from block to block after every shot for 1 minute.

0:07 - 0:08 — Elbow to Elbow: Continuous jump shots swapping from elbow to elbow after each shot for 1 minute.

0:08 - 0:09 — Wing to Wing: Continuous jump shots swapping from wing to wing after each shot for 1 minute.

0:09 - 0:10 — Three-Point Shots: Shoot three-pointers from anywhere beyond the arc for 1 minute.

0:10 - 0:12 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes

0:12 - 0:13 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:13 - 0:17 — Right Low Block Post Moves: From the right block, perform the following post moves for 1 minute each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

0:17 - 0:21 — Left Low Block Post Moves: From the left block, perform the following post moves for 1 minute each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

0:21 - 0:22 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:22 - 0:23 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:23 - 0:31 — Right Wing Chair Attack: Begin this drill by placing a chair or cone at the three-point line on the right wing. Players will then attack the chair off the dribble by performing moves that will lead into a layup or a jump shot. Perform the following moves for 1 minute each.

- In-and-out, drive.
- In-and-out, jump shot.
- Crossover, drive.
- Crossover, jump shot.
- Through-the-legs, drive.
- Through-the-legs, jump shot.
- Behind-the-back, drive.
- Behind-the-back, jump shot.

0:31 - 0:32 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:32 - 0:33 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:33 - 0:41 — Left Wing Chair Attack: Begin this drill by placing a chair or cone at the three-point line on the left wing. Players will then attack the chair off the dribble by performing moves that will lead into a layup or a jump shot. Perform the following moves for 1 minute each.

- In-and-out, drive.
- In-and-out, jump shot.
- Crossover, drive.
- Crossover, jump shot.
- Through-the-legs, drive.
- Through-the-legs, jump shot.
- Behind-the-back, drive.
- Behind-the-back, jump shot.

0:41 - 0:42 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:42 - 0:43 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:43 - 0:45.30 — Midrange Shooting: Shoot for 30 seconds from each of the 5 different midrange spots on the floor.

0:45.30 - 0:46.30 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:46.30 - 0:49 — 1-Dribble Pull-Up: Begin at the three-point line and take a single dribble before pulling up for a midrange shot. Do this for 30 seconds at each of the 5 spots.

0:49 - 0:50 - Rest: Get a quick drink of water and catch your breath for 1 minute.

0:50 - 0:52.30 - 2-Dribble Pull-Up: Begin at the three-point line and take two dribbles before pulling up for a midrange shot. Do this for 30 seconds at each of the 5 spots.

0:52.30 - 0:53.30 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:53.30 - 0:56 — Three-Point Shooting: Shoot for 30 seconds from each of the five spots behind the three-point line.

0:56 - 0:57 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:57 - 0:59.30 — Deep Three-Point Shooting: Take one extra step back from the three-point line and shoot for 30 seconds from each of the five spots. If a player can't do this, shoot from the regular three point line.

1 Hour Post Shooting Workout

"It's not up to anyone else to make me give my best."

- Hakeem Olajuwon

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|------------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 1m | | | | | | |
| Form Shooting: 5ft | 1m | | | | | | |
| Form Shooting: 7ft | 1m | | | | | | |
| Free Throws | 1m | | | | | | |
| X-Out Layups | 1m | | | | | | |
| Block to Block | 1m | | | | | | |
| Elbow to Elbow | 1m | | | | | | |
| Free Throws | 1m | | | | | | |
| Right Low Post: Drop Step | 2m | | | | | | |
| Right Low Post: Jump Hook | 2m | | | | | | |
| Right Low Post: Fade Away | 2m | | | | | | |
| Right Low Post: Up-and-Under | 2m | | | | | | |

| | | | | | | | |
|---|----|--|--|--|--|--|--|
| Right Low Post: Reverse Pivot, Shot | 2m | | | | | | |
| Free Throws | 2m | | | | | | |
| Rest | 1m | | | | | | |
| Left Low Post: Drop Step | 2m | | | | | | |
| Left Low Post: Jump Hook | 2m | | | | | | |
| Left Low Post: Fade Away | 2m | | | | | | |
| Left Low Post: Up-and-Under | 2m | | | | | | |
| Left Low Post: Reverse Pivot, Shot | 2m | | | | | | |
| Free Throws | 1m | | | | | | |
| Rest | 1m | | | | | | |
| Right Elbow: Jab Step, Shoot | 2m | | | | | | |
| Right Elbow: Shot Fake, Drive | 2m | | | | | | |
| Right Elbow: Shot Fake, 1-Dribble Spin | 2m | | | | | | |
| Right Elbow: Shot Fake, Shoot | 2m | | | | | | |
| Free Throws | 1m | | | | | | |
| Rest | 1m | | | | | | |

| | | | | | | | |
|--|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Left Elbow: Jab Step, Shoot | 2m | | | | | | |
| Left Elbow: Shot Fake, Drive | 2m | | | | | | |
| Left Elbow: Shot Fake, 1-Dribble Spin | 2m | | | | | | |
| Left Elbow: Shot Fake, Shoot | 2m | | | | | | |
| Free Throws | 1m | | | | | | |
| Rest | 1m | | | | | | |
| Midrange Shots: Left Corner | 1m | | | | | | |
| Midrange Shots: Left Wing | 1m | | | | | | |
| Midrange Shots: Top of Key | 1m | | | | | | |
| Midrange Shots: Right Wing | 1m | | | | | | |
| Midrange Shots: Right Corner | 1m | | | | | | |
| Free Throws | 2m | | | | | | |
| Total: | 60 Mins | 60 Mins | 60 Mins | 60 Mins | 60 Mins | 60 Mins | 60 Mins |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

1 Hour Post Workout Instructions

Overview: A 1-hour timed workout for the post position. This workout has focus on scoring off both the low and high block as well as mid-range shooting.

You Will Need:

- A device to time the workout. This could be an iPhone, iPad, game-clock, stopwatch, etc.
- One basketball.

Caution with Timed Workouts: There are two major problems that arise when you perform timed workouts:

1. Knowing when to change drills and what to do next. You can use an iPad or iPhone with the clock showing to help you keep track of time. You don't want to be running to the piece of paper each time.
2. Tracking your results. With only one minute of shooting for most drills, that doesn't leave much time to mark down your results.

With that said, my recommendation is to only use a timed workout when you have someone else there (a parent, coach, or teammate) that can keep track of the time, mark down your results, and tell you which drill is next.

WORKOUT INSTRUCTIONS:

0:00 - 0:01 — Form Shooting 3ft: Shoot for 1 minute from 3ft away from the basket.

0:01 - 0:02 — Form Shooting 5ft: Shoot for 1 minute from 5ft away from the basket.

0:02 - 0:03 — Form Shooting 7ft: Shoot for 1 minute from 7ft away from the basket.

0:03 - 0:04 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minutes.

0:04 - 0:05 — X-Out Layups: X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this for 1 minute.

0:05 - 0:06 — Block to Block: Continuous jump shots swapping from block to block after every shot for 1 minute.

0:06 - 0:07 — Elbow to Elbow: Continuous jump shots swapping from elbow to elbow after each shot for 1 minute.

0:07 - 0:08 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minutes.

0:08 - 0:18 — Right Block Post Moves: From the right block, perform the following post moves for 2 minutes each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.
- Reverse pivot, shot.

0:18 - 0:20 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes

0:20 - 0:21 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:21 - 0:31 — Left Block Post Moves: From the left block, perform the following post moves for 2 minutes each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.
- Reverse pivot, shot.

0:31 - 0:32 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:32 - 0:33 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:33 - 0:41 — Right Elbow Post Moves: From the right elbow, perform the following post moves for 2 minutes each:

- Jab step, shoot.
- Shot fake, drive.
- Shot fake, 1-dribble spin.
- Shot fake, shoot

0:41 - 0:42 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:42 - 0:43 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:43 - 0:51 — Left Elbow Post Moves: From the left elbow, perform the following post moves for 2 minutes each:

- Jab step, shoot.
- Shot fake, drive.
- Shot fake, 1-dribble spin.

- Shot fake, shoot

0:51 - 0:52 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:52 - 0:53 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:53 - 0:58 — Midrange Shooting: Shoot for 1 minute from each of the 5 different midrange spots on the floor.

0:58 - 1:00 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes.

100 Made Shots Shooting Workout

"Shooting 100 game speed shots is more valuable than 500 lazy shots. Lazy shooting is a waste of time."

- Jeff Hornacek

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|--|--------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Form Shooting: 3ft | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| Block to Block | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Core 6 Series: Left Corner | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Core 6 Series: Left Wing | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Core 6 Series: Top of Key | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Core 6 Series: Right Wing | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Core 6 Series: Right Corner | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Midrange Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |

| | | | | | | | |
|--|---------------------------|-------|-------|-------|-------|-------|-------|
| Midrange Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Three-Point Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Total: | 100 Made Shots | 100 / | 100 / | 100 / | 100 / | 100 / | 100 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

100 Made Shots Workout Instructions

Overview: A 100 made shots workout for any player looking to improve their shooting. This workout works on basic outside shooting from the midrange and three-point line as well as adding in some drives. Great workout if you don't have much time and just want to get some shots up!

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 3 Made Shots — Make 3 shots shooting from 3ft away from the basket.

Block to Block — 10 Made Shots — Continuous jump shots swapping from block to block until you've made 10 shots.

Core 6 Series — 6 Made Shots from 5 Spots — Make the following 6 shots starting from each of the 5 spots around the three-point line. The five spots are left corner, left wing, top of the key, right wing, right corner.

- Right-hand layup.
- Left-hand layup.
- 1-dribble pull-up going left.
- 1-dribble pull-up going right.
- Three-point shot x2

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Midrange Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Three-Point Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

200 Made Shots Shooting Workout

"Do your best when no one is looking. If you do that, then you can be successful in anything that you put your mind to."

- Bob Cousy

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|-------------------------------------|--------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Mikan Drill | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 7ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Block to Block | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Elbow to Elbow | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Midrange Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |

| | | | | | | | |
|--|---|-----|-----|-----|-----|-----|-----|
| Three-Point Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Pull-Up: Left Corner | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| 1-Dribble Pull-Up: Left Wing | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| 1-Dribble Pull-Up: Top of Key | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| 1-Dribble Pull-Up: Right Wing | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| 1-Dribble Pull-Up: Right Corner | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 2-Dribble Pull-Up: Left Corner | 4 | 4 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 2-Dribble Pull-Up: Left Wing | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| 2-Dribble Pull-Up: Top of Key | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| 2-Dribble Pull-Up: Right Wing | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |

| | | | | | | | |
|--|---------------------------|-------|-------|-------|-------|-------|-------|
| 2-Dribble Pull-Up: Right Corner | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Total: | 200 Made Shots | 200 / | 200 / | 200 / | 200 / | 200 / | 200 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

200 Made Shots Workout

Instructions

Overview: A 200 made shots workout for any player looking to improve their shooting. This workout works on basic outside shooting from the midrange and three-point line. Great workout if you want to get some shots up!

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Mikan Drill — 20 Made Shots — Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues for the 20 made shots.

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Block to Block — 20 Made Shots — Continuous jump shots swapping from block to block until you've made 20 shots.

Elbow to Elbow — 20 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 20 shots.

Midrange Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

1-Dribble Pull-Up — 20 Made Shots — Starting in the left corner, make 4 shots at each of the 5 spots starting from the three-point line. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

2-Dribble Pull-Up — 20 Made Shots — Starting in the left corner, make 4 shots at each of the 5 spots starting from the three-point line. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

300 Made Shots Shooting Workout

"Nobody should expect more of you than you expect of yourself."

- Carmelo Anthony

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|--|--------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 7ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Mikan Drill | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Block to Block | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Wing to Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Elbow to Elbow | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Fake Series: Shot Fake, Drive | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Fake Series: Jab Step, Drive | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Fake Series: 1-Dribble Shot | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |

| | | | | | | | |
|---|----|------|------|------|------|------|------|
| Fake Series: Jab Step, 1-Dribble Shot | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Fake Series: Shot Fake, 2-Dribble Shot | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Fake Series: Shot Fake, Shoot | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Fake Series: Jab Step, Shoot | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Right Low Post: Drop Step | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Right Low Post: Jump Hook | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Right Low Post: Fade Away | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Right Low Post: Up-and-Under | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Left Low Post: Drop Step | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Left Low Post: Jump Hook | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Left Low Post: Fade Away | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Left Low Post: Up-and-Under | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |

| | | | | | | | |
|--|---|-----|-----|-----|-----|-----|-----|
| Midrange Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Top of the Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Shots: Top of the Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Top of the Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |

| | | | | | | | |
|---|---------------------------|-------|-------|-------|-------|-------|-------|
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Transition Pull-Up: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Transition Pull-Up: Top of the Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Transition Pull-Up: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Total: | 300 Made Shots | 300 / | 300 / | 300 / | 300 / | 300 / | 300 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

300 Made Shots Workout

Instructions

Overview: A 300 made shots workout for any player looking to improve their shooting. This workout works on outside shooting from the midrange and three-point line, low post moves, and also incorporates a series of specifically focusing on making fakes out of triple threat.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Mikan Drill — 20 Made Shots — Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues for the 20 made shots.

Block to Block — 10 Made Shots — Continuous jump shots swapping from block to block until you've made 10 shots.

Wing to Wing — 10 Made Shots — Continuous jump shots swapping from wing to wing until you've made 10 shots.

Elbow to Elbow — 10 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 10 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Fake Series — 40 Shots — During the fake series, after each shot you will rebound the basketball and then dribble to the three-point line before spinning the basketball back to yourself and getting in triple threat position. From triple threat, make 5 shots using each of the following moves:

- Shot fake, drive.
- Jab step, drive.
- Shot fake, 1-dribble shot.
- Jab step, 1-dribble shot.
- Shot fake, 2-dribble shot.
- Jab step, 2-dribble shot.
- Shot fake, shoot.
- Jab step, shoot.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Right Low Post — 20 Made Shots — From the right low post, make 5 shots using each of the following low-post moves:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Left Low Post — 20 Made Shots — From the left low post, make 5 shots using each of the following low-post moves:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

1-Dribble Pull-Up — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots starting from the three-point line. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Transition Pull-Ups — 15 Made Shots — Starting at half-court, dribble towards the basket at game-speed and make 5 pull-up shots varying from three-point range to midrange from the left wing, top of the key, and the right wing.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Kids Shooting Workout #1

"I thought I was done after practice. The USA guys taught me that after practice I need to work on my game."

- Anthony Davis

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|---|-------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 7ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| X-Out Layups | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Layup Series: Left Corner | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Layup Series: Left Wing | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Layup Series: Top of Key | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Layup Series: Right Wing | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Layup Series: Right Corner | 6 | 6 / | 6 / | 6 / | 6 / | 6 / | 6 / |
| Beat Jamal Crawford. Free Throw Shooting(+2 for a make, -1 for a miss) | Start on 10 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |
| Midrange Shots: Left Corner | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |

| | | | | | | | |
|--|---|---------------|---------------|---------------|---------------|---------------|---------------|
| Midrange Shots: Left Wing | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Midrange Shots: Left Elbow | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Midrange Shots: Free Throw Line | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Midrange Shots: Right Elbow | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Midrange Shots: Right Wing | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Midrange Shots: Right Corner | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Beat Jamal Crawford. Free Throw Shooting (+2 for a make, -1 for a miss) | Start on 10. 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |
| Total: | 83 Made Shots | 83 / | 83 / | 83 / | 83 / | 83 / | 83 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Fun For Kids #1 Workout Instructions

Overview: The fun for kid's workouts are created for players still learning the game that aren't capable of shooting from outside of midrange yet. With only 83 made shots, it's a fun and quick workout for any young kid that loves basketball!

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

X-Out Layups — 10 Made Shots — X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this until 10 made layups.

Layup Series — 30 Made Shots — During the layup series you must make 6 layups beginning from outside the three-point line at each of the 5 spots. The five spots are left corner, left wing, top of the key, right wing, right corner. Make sure you attack the basket! The 6 layups you must make are:

- Right-hand layup x2
- Left-hand layup x2
- Floater x2

Beat Jamal Crawford — Free-Throw Shooting — Compete against Jamal Crawford shooting free throws. Make sure you use your full routine every time you step to the free-throw line. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Midrange Shooting — 21 Made Shots — Starting in the left corner, make 3 shots at each of the 7 spots from midrange distance. The seven spots are left corner, left wing, left elbow, top of the key, right elbow, right wing, right corner.

Beat Jamal Crawford — Free-Throw Shooting — Compete against Jamal Crawford shooting free throws. Make sure you use your full routine every time you step to the free-throw line. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Kids Shooting Workout #2

"I want to be known as the best teammate ever."

- Kevin Garnett

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|--|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Progression Form Shooting | 15 | 15 / | 15 / | 15 / | 15 / | 15 / | 15 / |
| X-Out Layups | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| X-Out Floaters | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 2-in-a-row | | | | | | |
| Midrange Shots: Left Corner | 2-in-a-row | | | | | | |
| Midrange Shots: Left Wing | 2-in-a-row | | | | | | |
| Midrange Shots: Top of Key | 2-in-a-row | | | | | | |
| Midrange Shots: Right Wing | 2-in-a-row | | | | | | |
| Midrange Shots: Right Corner | 2-in-a-row | | | | | | |
| Free Throws | 2-in-a-row | | | | | | |
| Chair Attack Series: In-and-Out, Drive | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |

| | | | | | | | |
|---|--------------------------|------|------|------|------|------|------|
| Chair Attack Series: In-and-Out, Shot | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Chair Attack Series: Crossover, Drive | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| Chair Attack Series: Crossover, Shot | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Chair Attack Series: Through-the-Legs, Drive | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| Chair Attack Series: Through-the-Legs, Shot | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Chair Attack Series: Behind-the-Back, Drive | 4 | 4 / | 4 / | 4 / | 4 / | 4 / | 4 / |
| Chair Attack Series: Behind-the-Back, Shot | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Free Throws | 2-in-a-row | | | | | | |
| 2-Dribble Pull-Up: Left Corner | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| 2-Dribble Pull-Up: Left Wing | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| 2-Dribble Pull-Up: Top of the Key | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| 2-Dribble Pull-Up: Right Wing | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| 2-Dribble Pull-Up: Right Corner | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Free Throws | 2-in-a-row | | | | | | |
| Total: | 84 Made Shots | 84 / | 84 / | 84 / | 84 / | 84 / | 84 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Kids Shooting Workout #2

Instructions

Overview: The kid's workouts are created for players still learning the game that aren't capable of shooting from outside of midrange yet. This workout consists of only 84 shots and provides the challenge and pressure of making 2 shots in a row on some drills.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Progression Form Shooting — 15 Made Shots — Begin this drill 3ft away from the basket. Every time you make a shot, you take one step back. Keep shooting and attempt to get as far away from the ring as possible. Every time you miss, you must start again from 3ft. Continue shooting until you've made 15 shots.

X-Out Layups — 10 Made Shots — X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this until 10 made layups.

X-Out Floaters — 10 Made Shots — X-out floaters works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed floater. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed floater, then they rebound and dribble out to the right elbow again. Continue this until 10 made floaters.

Free Throws — 2 In-a-Row — Using your complete free-throw routine, make 2 free-throws in a row.

Midrange Shooting — 2 In-a-Row x5 — Starting in the left corner, make 2 shots in-a-row at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 2 In-a-Row — Using your complete free-throw routine, make 2 free-throws in a row.

Chair Attack Series — 24 Made Shots — Begin this drill by placing a chair or cone on each wing at the three-point line. The player will then attack one of the chairs off the dribble by performing a move that will lead into a layup or a jump shot. Each time they rebound the basketball, they then dribble out to the other side and attack the chair on the opposite wing. You must make following shots amount of shots off each dribble move:

- In-and-out, drive x4.
- In-and-out, jump shot x2.
- Crossover, drive x4.
- Crossover, jump shot x2.
- Through-the-legs, drive x4.
- Through-the-legs, jump shot x2.
- Behind-the-back, drive x4.
- Behind-the-back, jump shot x2.

Free Throws — 2 In-a-Row — Using your complete free-throw routine, make 2 free-throws in a row.

2-Dribble Pull-Up — 15 Made Shots — Starting in the left corner, make 3 shots at each of the 5 spots starting from the three-point line. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 2 In-a-Row — Using your complete free-throw routine, make 2 free-throws in a row.

Beat the Pro's Shooting Workout

"I'm not out there sweating for 3 hours just to find out what it's like to sweat."

- Michael Jordan

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|---|-------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 7ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Left Corner | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Midrange Shots: Left Wing | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Midrange Shots: Top of Key | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Midrange Shots: Right Wing | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Midrange Shots: Right Corner | 3 | 3 / | 3 / | 3 / | 3 / | 3 / | 3 / |
| Beat Michael Jordan. Midrange Shots (+1 for make, -1 for miss) | Start on 10 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |
| Beat Steph Curry. Three-Point Shots (+3 for make, -1 for miss) | Start on 10 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |
| Beat Chris Paul. Floaters (+1 for make, -1 for miss) | Start on 10 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |

| | | | | | | | |
|--|--|------------|------------|------------|------------|------------|------------|
| Beat Tim Duncan. Post Hook Shots (+1 for make, -1 for miss) | Start on 10 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |
| Beat Kobe Bryant. Post Fade Aways (+2 for make, -1 for miss) | Start on 10 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |
| Beat Kevin Durant. Shot Fake, 1-Dribble Jump Shots (+2 for make, -1 for miss) | Start on 10 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |
| Beat Russell Westbrook. 2-Dribble Pull-Ups (+3 for make, -1 for miss) | Start on 10 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |
| Beat Jamal Crawford. Free Throws (+1 for make, -1 for miss) | Start on 10 20 = Win 0 = Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose | Win / Lose |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Beat the Pro's Workout Instructions

Overview: The Beat the Pro's Workout is a workout is a fun workout that combines a lot of fun challenges with shooting practice. Players must play a shooting game using a plus/minus points system against different superstars using a variety of shots.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — 15 Made Shots — Starting in the left corner, make 3 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Beat Michael Jordan — Midrange Shooting — Compete against Michael Jordan in midrange shooting. You can take the midrange shots from anywhere on the floor. Begin the challenge on 10 points. For every made shot, you add one point to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Beat Steph Curry— Three-Point Shooting — Compete against Steph Curry in three-point shooting. You can take the three-point shots from anywhere behind the three-point line. Begin the challenge on 10 points. For every made shot, you add three points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Beat Chris Paul — Floaters — Compete against Chris Paul shooting floater layups. For every shot, you must begin outside the three-point line and then drive hard to the basket before pulling up for the floater. Begin the challenge on 10 points. For every made shot, you add one point to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Beat Tim Duncan — Post Hook Shots — Compete against Tim Duncan in the post shooting hook shots. Switching blocks after each shot, shoot hook shots from both

block with your right and left hand. Begin the challenge on 10 points. For every made shot, you add one point to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Beat Kobe Bryant — Fade Away Shots — Compete against Kobe Bryant in fade away shooting. Switching blocks after each shot, shoot fade aways from both blocks making sure to turn left and right. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Beat Kevin Durant — 1-Dribble Jump Shots — Compete against Kevin Durant shooting 1-dribble jump shots. Begin each shot behind the three-point line before taking 1 long dribble and pulling up for the shot. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Beat Russell Westbrook — 2-Dribble Jump Shots — Compete against Russell Westbrook shooting 2-dribble jump shots. Begin each shot behind the three-point line before taking 2 long dribbles and pulling up for the shot. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Beat Jamal Crawford — Free-Throw Shooting — Compete against Jamal Crawford shooting free throws. Make sure you use your full routine every time you step to the free-throw line. Begin the challenge on 10 points. For every made shot, you add one point to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Get 'Em Up Shooting Workout

"I practice to the point that it's uncomfortable how hard I go. That way, in a game, things slow down."

- Steph Curry

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|---------------------------------------|--------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 7ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Left Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Left Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Top of the Key | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Right Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Right Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Pull Up: Left Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| 1-Dribble Pull Up: Left Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |

| | | | | | | | |
|--|---------------------------|-------|-------|-------|-------|-------|-------|
| 1-Dribble Pull Up: Top of the Key | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| 1-Dribble Pull Up: Right Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| 1-Dribble Pull Up: Right Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Three-Point Shots: Left Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Three-Point Shots: Top of the Key | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Three-Point Shots: Right Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Three-Point Shots: Right Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Total: | 190 Made Shots | 360 / | 360 / | 360 / | 360 / | 360 / | 360 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Get 'Em Up Workout Instructions

Overview: The Get 'Em Up workout is a simple but incredibly effective workout. There are no fancy drills. Anyone can do it!

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — 50 Made Shots — Starting in the left corner, make 10 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

1-Dribble Pull-Up Shooting — 50 Made Shots — Starting in the left corner, make 10 shots at each of the 5 spots starting from the three-point line. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 50 Made Shots — Starting in the left corner, make 10 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Off-Ball Shooting Workout

"If all I'm remembered for is being a good basketball player, then I've done a bad job with the rest of my life."

- Isiah Thomas

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|------------------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Progressive Form Shooting | 25 | 25 / | 25 / | 25 / | 25 / | 25 / | 25 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Wing to Corner | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Elbow to Elbow | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Wing to Corner | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Pull-Ups: Wing to Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Pull-Ups: Elbow to Elbow | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |

| | | | | | | | |
|---|---------------------------|-------|-------|-------|-------|-------|-------|
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| 1-Dribble Pull-Ups: Wing to Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Wing to Corner | 15 | 15 / | 15 / | 15 / | 15 / | 15 / | 15 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots | 3 Minutes | | | | | | |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots | 3 Minutes | | | | | | |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Total: | 190 Made Shots | 190 / | 190 / | 190 / | 190 / | 190 / | 190 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Off-Ball Workout Instructions

Overview: The Off-Ball Workout consists of 190+ made shots. The focus of the workout is on shooting a high volume of shots off the catch from the midrange and three-point area.

You Will Need:

- One basketball
- A partner makes the workout easier although it can be completed alone by spinning the basketball back to yourself before each shot.

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Progression Form Shooting — 25 Made Shots — Begin this drill 3ft away from the basket. Every time you make a shot, you take one step back. Keep shooting and attempt to get as far away from the ring as possible. Every time you miss, you must start again from 3ft. Continue shooting until you've made 25 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — Left Wing to Left Corner — 20 Made Shots — Switch between the left wing and left corner after each shot. Continue shooting until you've made 20 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — Elbow to Elbow — 20 Made Shots — Switch between the left elbow and right elbow after each shot. Continue until you've made 20 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — Right Wing to Right Corner — 20 Made Shots — Switch between the right wing and right corner after each shot. Continue shooting until you've made 20 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

1-Dribble Pull-Ups — Left Wing to Left Corner — 10 Made Shots — Switch between the left wing and left corner after each shot. Continue shooting until you've made 10 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

1-Dribble Pull-Ups — Elbow to Elbow — 10 Made Shots — Switch between the left extended elbow and right extended elbow after each shot. Continue until you've made 10 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

1-Dribble Pull-Ups — Right Wing to Right Corner — 10 Made Shots — Switch between the right wing and right corner after each shot. Continue shooting until you've made 10 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shots - Left Wing to Left Corner — 15 Made Shots — Switch between the left wing and left corner after each shot. Continue shooting until you've made 15 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shots — Elbow to Elbow — 15 Made Shots — Switch between the left extended elbow and right extended elbow after each shot. Continue until you've made 15 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shots — Right Wing to Right Corner — 15 Made Shots — Switch between the right wing and right corner after each shot. Continue shooting until you've made 15 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shots — 3 Minutes — Shoot as many midrange shots as you can in 3 minutes. Make sure to add up your total made shots in this time and write it down.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shots — 3 Minutes — Shoot as many three-point shots as you can in 3 minutes. Make sure to add up your total made shots in this time and write it down.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Sweat It Out Shooting Workout

"If you get tough mentally, you can get tough mentally and overcome fatigue."

- Pat Riley

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|--|--------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 7ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| X-Out Layups | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| X-Out Floaters | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Block to Block | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Elbow to Elbow | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Suicide Shooting: Layups | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Suicide Shooting: Midrange Shots | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Suicide Shooting: Three-Point Shots | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |

| | | | | | | | |
|--|-----------------------|-------|-------|-------|-------|-------|-------|
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Suicide Shooting: Layups | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Suicide Shooting: Midrange Shots | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Suicide Shooting: Three-Point Shots | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Corner to Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Three-Point Shots: Corner to Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Wing to Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Three-Point Shots: Wing to Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Top of Key | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Three-Point Shots: Top of Key | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Total: | 185 Made Shots | 185 / | 185 / | 185 / | 185 / | 185 / | 185 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Sweat it Out Workout Instructions

Overview: The Sweat it Out workout combines conditioning with shooting the basketball. While only 185 made shots, the suicide running before shooting is sure to wear out even the fittest of basketball players. You sprint during games; so you must sprint during workouts!

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

X-Out Layups — 10 Made Shots — X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this until 10 made layups.

X-Out Floaters — 10 Made Shots — X-out floaters works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed floater. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed floater, then they rebound and dribble out to the right elbow again. Continue this until 10 made floaters.

Block to Block — 20 Made Shots — Continuous jump shots swapping from block to block until you've made 20 shots.

Elbow to Elbow — 10 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 10 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Suicide Shooting: Layups — 5 Made Shots — Start at half-court and dribble in at full-pace for the layup. Immediately grab the rebound and dribble to the free-throw line at

the other end of the court before returning for another layup. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 made layups.

Suicide Shooting: Midrange — 5 Made Shots — Start at half-court and dribble in at full-pace for the pull-up midrange shot. Immediately grab the rebound and dribble to the free-throw line at the other end of the court before returning for another midrange shot. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 made midrange shots.

Suicide Shooting: Three-Pointers — 5 Made Shots — Start at half-court and dribble in at full-pace for the pull-up three-point shot. Immediately grab the rebound and dribble to the free-throw line at the other end of the court before returning for another three-point shot. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 made three-point shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Suicide Shooting: Layups — 5 Made Shots — Start at half-court and dribble in at full-pace for the layup. Immediately grab the rebound and dribble to the free-throw line at the other end of the court before returning for another layup. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 made layups.

Suicide Shooting: Midrange — 5 Made Shots — Start at half-court and dribble in at full-pace for the pull-up midrange shot. Immediately grab the rebound and dribble to the free-throw line at the other end of the court before returning for another midrange shot. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 made midrange shots.

Suicide Shooting: Three-Pointers — 5 Made Shots — Start at half-court and dribble in at full-pace for the pull-up three-point shot. Immediately grab the rebound and dribble to the free-throw line at the other end of the court before returning for another three-point shot. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 made three-point shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — Left Corner to Right Corner — 10 Made Shots — Switch between the left corner and right corner after each shot. Continue shooting until you've made 10 shots.

Three-Point Shooting — Left Corner to Right Corner — 10 Made Shots — Switch between the left corner and right corner after each shot. Continue shooting until you've made 10 shots.

Midrange Shooting — Left Wing to Right Wing — 10 Made Shots — Switch between the left wing and right wing after each shot. Continue shooting until you've made 10 shots.

Three-Point Shooting — Left Wing to Right Wing — 10 Made Shots — Switch between the left wing and right wing after each shot. Continue shooting until you've made 10 shots.

Midrange Shooting — Top of the Key — 10 Made Shots — Shoot midrange shots from the top of the key. Continue shooting until you've made 10 shots.

Three-Point Shooting — Top of the Key — 10 Made Shots — Shoot three-point shots from the top of the key. Continue shooting until you've made 10 shots.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

In-A-Row Shooting Workout

I never the left court saying I could have done more to get ready or given more than I just gave."

- Michael Jordan

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 5-in-a-row | | | | | | |
| Form Shooting: 5ft | 4-in-a-row | | | | | | |
| Form Shooting: 7ft | 3-in-a-row | | | | | | |
| Free Throws | 3-in-a-row | | | | | | |
| Mikan Layups | 20-in-a-row | | | | | | |
| X-Out Layups | 10-in-a-row | | | | | | |
| Block to Block | 10-in-a-row | | | | | | |
| Elbow to Elbow | 4-in-a-row | | | | | | |
| Free Throws | 3-in-a-row | | | | | | |
| Low Post: Jump Hook | 4-in-a-row | | | | | | |
| Low Post: Drop Step | 8-in-a-row | | | | | | |
| Low Post: Up-and-Under | 8-in-a-row | | | | | | |

| | | | | | | | |
|--|------------|--|--|--|--|--|--|
| Low Post: Fade Away Shot | 3-in-a-row | | | | | | |
| Low Post: Reverse Pivot, Shot | 4-in-a-row | | | | | | |
| Free Throws | 3-in-a-row | | | | | | |
| Midrange Shots: Left Corner | 3-in-a-row | | | | | | |
| Midrange Shots: Left Wing | 3-in-a-row | | | | | | |
| Midrange Shots: Top of Key | 3-in-a-row | | | | | | |
| Midrange Shots: Right Wing | 3-in-a-row | | | | | | |
| Midrange Shots: Right Corner | 3-in-a-row | | | | | | |
| Free Throws | 3-in-a-row | | | | | | |
| 1-Dribble Pull Up: Left Corner | 3-in-a-row | | | | | | |
| 1-Dribble Pull Up: Left Wing | 3-in-a-row | | | | | | |
| 1-Dribble Pull Up: Top of Key | 3-in-a-row | | | | | | |
| 1-Dribble Pull Up: Right Wing | 3-in-a-row | | | | | | |
| 1-Dribble Pull Up: Right Corner | 3-in-a-row | | | | | | |
| Free Throws | 3-in-a-row | | | | | | |
| Three-Pointers: Left Corner | 2-in-a-row | | | | | | |

| | | | | | | | |
|---|------------|--|--|--|--|--|--|
| Three-Pointers: Left Wing | 2-in-a-row | | | | | | |
| Three-Pointers: Top of Key | 2-in-a-row | | | | | | |
| Three-Pointers: Right Wing | 2-in-a-row | | | | | | |
| Three-Pointers: Right Corner | 2-in-a-row | | | | | | |
| Free Throws | 4-in-a-row | | | | | | |
| Total: | | | | | | | |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

In-a-Row Workout Instructions

Overview: The In-a-Row Workout is a fun workout that combines the challenge of making a certain amount of shots in a row with shooting practice. This workout is great for putting your players under shooting pressure.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 5 in-a-row — Make 5 shots in a row from 3ft away from the basket.

Form Shooting 5ft — 4 in-a-row — Make 4 shots in a row from 5ft away from the basket.

Form Shooting 7ft — 3 in-a-row — Make 3 shots in a row from 7ft away from the basket.

Free Throws — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

Mikan Layups — 20 in-a-row — Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues until the player has made 20 mikan layups in a row.

X-Out Layups — 10 in-a-row — X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this until the player has made 10 in a row.

Block to Block — 10 in-a-row — Continuous jump shots swapping from block to block until you've made 10 in a row.

Elbow to Elbow — 4 in-a-row — Continuous jump shots swapping from elbow to elbow until you've made 4 in a row.

Free Throws — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

Low Post Jump Hook — 4 in-a-row — Switching from side-to-side after each shot, make 4 jump hook shots in a row.

Low Post Drop Step — 8 in-a-row — Switching from side-to-side after each shot, make 8 drop step shots in a row.

Low Post Up-and-Under — 8 in-a-row — Switching from side-to-side after each shot, make 8 up-and-under shots in a row.

Low Post Fade Away — 3 in-a-row — Switching from side-to-side after each shot, make 3 fade away shots in a row.

Low Post Reverse Pivot, Shot — 4 in-a-row — Switching from side-to-side after each shot, make 4 reverse pivot shots in a row.

Free Throws — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

Midrange Shooting — 3 in-a-row x 5 — Starting in the left corner, make 3 shots in-a-row at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

1-Dribble Pull-Up Shooting — 3 in-a-row x 5 — Starting in the left corner, make 3 shots in-a-row using the 1-dribble pull-up from each of the 5 spots. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

Three-Point Shooting — 2 in-a-row x 5 — Starting in the left corner, make 2 shots in-a-row at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 4 in-a-row — Using your complete free-throw routine, make 4 free-throws in a row.

Long-Range Sniper Shooting Workout

"Trying to get by on talent is a fatal mistake."

- Pete Maravich

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|-----------------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Form Shooting: 7ft | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Midrange Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Corner | 3-in-a-row | | | | | | |
| Three-Point Shots: Left Wing | 3-in-a-row | | | | | | |

| | | | | | | | |
|---|------------|------|------|------|------|------|------|
| Three-Point Shots: Top of Key | 3-in-a-row | | | | | | |
| Three-Point Shots: Right Wing | 3-in-a-row | | | | | | |
| Three-Point Shots: Right Corner | 3-in-a-row | | | | | | |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Shot Fake, 1-Dribble Three-Pointer: Left Corner | 2-in-a-row | | | | | | |
| Shot Fake, 1-Dribble Three-Pointer: Left Wing | 2-in-a-row | | | | | | |
| Shot Fake, 1-Dribble Three-Pointer: Top of Key | 2-in-a-row | | | | | | |
| Shot Fake, 1-Dribble Three-Pointer: Right Wing | 2-in-a-row | | | | | | |
| Shot Fake, 1-Dribble Three-Pointer: Right Corner | 2-in-a-row | | | | | | |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Deep Three-Pointers: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Deep Three-Pointers: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Deep Three-Pointers: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shooting | 3 Minutes | | | | | | |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |

| | | | | | | | |
|-----------------------------|-----------------------|-------|-------|-------|-------|-------|-------|
| Three-Point Shooting | 3 Minutes | | | | | | |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Total: | 110 Made Shots | 110 / | 110 / | 110 / | 110 / | 110 / | 110 / |

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Long-Range Sniper Workout

Instructions

Overview: The Long-Range Sniper workout is for players committed to developing a great long-distance shot. After a quick warm-up from close and midrange, the main focus of this workout is shooting the three-point shot.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Midrange Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 3 in-a-row x 5 — Starting in the left corner, make 3 shots in-a-row at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Shot Fake, 1-Dribble, Three-Point Shooting — 2 in-a-row x 5 — For this drill players must shot fake, take 1 dribble to the left or right making sure to stay behind the three-point arc, and then shoot the three-point shot. Starting in the left corner, make 2 shots in-a-row at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Deep Three-Point Shooting — 15 Made Shots — Take one extra step back from the three-point line and make 5 shots from each of the three spots. The three spots are the left wing, top of the key, and right wing. If a player can't do this, shoot from the regular three point line.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 3 Minutes — Shoot as many three-pointers as you can in 3 minutes. Make sure to add up your total made shots in this time and write it down.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Three-Point Shooting — 3 Minutes — Shoot as many three-pointers as you can in 3 minutes. Make sure to add up your total made shots in this time and write it down.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Three-Point Specialist Shooting Workout

"My confidence in games comes from my preparation every day in practice and shoot arounds. It's all about being prepared."

- Ray Allen

| Drill: | Made Shots: | Date: | Date: | Date: | Date: | Date: | Date: |
|-------------------------------------|-------------|-------|-------|-------|-------|-------|-------|
| Form Shooting: 3ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Form Shooting: 5ft | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Midrange Shots | 20 | 20 / | 20 / | 20 / | 20 / | 20 / | 20 / |
| Three-Point Shots: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Three-Point Shots: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Three-Point Shots: Corner to Corner | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |

THREE-POINT SPECIALIST SHOOTING WORKOUT **20 INDIVIDUAL**
SHOOTING WORKOUTS

| | | | | | | | |
|---|-----------|------|------|------|------|------|------|
| Three-Point Shots: Wing to Wing | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Shot Fake, 1-Dribble Three-Pointer: Left Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Shot Fake, 1-Dribble Three-Pointer: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Shot Fake, 1-Dribble Three-Pointer: Top of the Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Shot Fake, 1-Dribble Three-Pointer: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Shot Fake, 1-Dribble Three-Pointer: Right Corner | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Transition Three- Pointer: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Transition Three- Pointer: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Transition Three- Pointer: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 2 | 2 / | 2 / | 2 / | 2 / | 2 / | 2 / |
| Deep Three-Pointer: Left Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Deep Three-Pointer: Top of Key | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Deep Three-Pointer: Right Wing | 5 | 5 / | 5 / | 5 / | 5 / | 5 / | 5 / |
| Free Throws | 10 | 10 / | 10 / | 10 / | 10 / | 10 / | 10 / |

THREE-POINT SPECIALIST SHOOTING WORKOUT **20 INDIVIDUAL**
SHOOTING WORKOUTS

| | | | | | | | |
|---------------|---------------------------|-------|-------|-------|-------|-------|-------|
| Total: | 163 Made Shots | 163 / | 163 / | 163 / | 163 / | 163 / | 163 / |
|---------------|---------------------------|-------|-------|-------|-------|-------|-------|

Shooting workout created by Coach Mac from www.basketballforcoaches.com

Three-Point Specialist Workout

Instructions

Overview: The Three-Point Bomber workout is for players committed to becoming great three-point shooters. The workout consists of 163 made shots including a variety of ways to score from beyond the three-point line.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 10 Made Shots — Make 10 shots shooting from 5ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — 20 Made Shots — Shoot midrange shots from anywhere on the floor until you reach 20 made shots.

Three-Point Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Three-Point Shooting — Left Corner to Right Corner — 10 Made Shots — Switch between the left corner and right corner after each shot. Continue shooting until you've made 10 shots.

Three-Point Shooting — Left Wing to Right Wing — 10 Made Shots — Switch between the left wing and right wing after each shot. Continue shooting until you've made 10 shots.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Shot Fake, 1-Dribble, Three-Point Shooting — 25 Made Shots — For this drill players must shot fake, take 1 dribble to the left or right making sure to stay behind the three-point arc, and then shoot the three-point shot. Starting in the left corner, make 5 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Transition Three-Point Pull-Ups — 15 Made Shots — Starting at half-court, dribble towards the basket at game-speed and make 5 pull-up shots from the right wing, top of the key, and left wing for a total of 15 made shots.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Deep Three-Point Shooting — 15 Made Shots — Take one extra step back from the three-point line and make 5 shots from each of the three spots. The three spots are the left wing, top of the key, and right wing. If a player can't do this, shoot from the regular three point line.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

CONCLUSION

I hope you enjoyed the 20 Individual Shooting Workouts and that they can assist your players to improve their shooting abilities!

Two more things before you go...

1. If you have any questions, suggestions, or comments, feel free to reach out to me at coachmac@basketballforcoaches.com. I welcome all feedback and love hearing from the readers of BFC.
2. This PDF is part of the '*Championship Coaching Course*' program from the team at Basketball For Coaches. If you're reading this PDF without having purchased the program, please send us an email at coachmac@basketballforcoaches.com and let us know where you accessed it. We put a lot of work into these PDF's and would like to keep them exclusive for those who purchased.

Thanks!

— *Coach Mac*