

Shooting Workout

1) Weak Hand warm up

- a. Make 5 weakhand reverse layups driving with weakhand from each wing (10 total layups)

2) Make 5 Free Throws

3) 35 in 6 drill

- a) Put 6 minutes on clock
- b) Make a 3 (or midrange) from each of the 5 standard spots (corners, wings, top of key)
- c) Repeat step b; but make your way back around perimeter (corners, wings, top of key)
- d) Pump fake the 3, one dribble with strong hand pull up starting at each of the 5 spots
- e) Repeat step d, except dribble with weakhand
- f) Pump fake the 3, two dribbles with strong hand into floater starting at each of the 5 spots
- g) Repeat f, except dribble with weakhand
- h) Repeat step b
- i) If make all 35 shots in < 6 minutes = success! If not, move on to next drill (can return later)

4) 7's in 4 drill

- a. Put 4 minutes on the clock
- b. Start on a sideline; sprint to 3 point line for catch and shoot 3
 - i. Repeat until 7 shots are made
- c. Repeat step b, except start at halfcourt
- d. Repeat step b, except start from opposite sideline
- e. If make all 21 shots in < 4 minutes = success! If not, move on to next drill (can return later)

5) Levels in 2

- a. Put 2 minutes on the clock
- b. See how many levels you can finish in 2 minutes
- c. A level = one block shot, one floater, one midrange, one 3 pointer

6) Celtic Drill

- a. Put 2 minutes on the clock
- b. Must make two 3's (or midrange) in a row from each of the standard shooting spots
- c. Once reach opposite corner, repeat as you come back the other way
- d. Goal is to complete all 10 spots in 2 minutes

7) FT Swish

- a. Shooting from the FT line
- b. Swish=1 pt; Make that touches the rim=0 pts; Miss= -1;
- c. Get to 3 for win; if get to -3; run a ladder

*"It's easy to be confident when you make your first few shots.
True confidence comes when you miss your first few shots."*