

Shooting Workouts

200 Made Shots Shooting Workout:

1. **Mikan Drill** – 20 makes.
2. **Form Shooting: One Hand – 3 Feet Out** – 10 makes.
3. **Form Shooting: One Hand – 5 Feet Out** – 10 makes.
4. **Form Shooting: One Hand – 7 Feet Out** – 10 makes.
5. **Free Throws** – 10 makes.
6. **Elbow to Elbow** – 20 makes.
7. **5 Spot Midrange** – 25 makes.
8. **5 Spot Three Pointers** – 25 makes.
9. **Free Throws** – 10 Makes
10. **1-Dribble Pull Up** – Four at Each Spot – 20 makes.
11. **Free Throws** – 10 makes.
12. **1-Dribble Pull Up** – Four at Each Spot – 20 makes.
13. **Free Throws** – 10 makes.

Circuit Shooting Workout

- Can do as an individual with a designated passer or with another player.
- All 10 stations make complete one round. Try improving at each station every round.
- Move immediately onto the next drill until you've completed the entire round.
- Emphasis on shot technique and mechanics, free throw routine, positive first step and not over dribbling, staying square and balanced, proper footwork on cuts, and keeping eyes on target on escape dribble three pointers.

1. Form Shooting 3 feet from rim.

- Three spots around the ring: both sides and front. Must be swish. Focus on form.
 - Beginner - 2 at each spot
 - Intermediate - 3 at each spot
 - Advanced - 4 at each spot

2. Mid-Range Game Shooting from anywhere in the mid-range (about 10 - 15 ft).

- Time limit of 3 - 5 minutes. If over allocated time, move onto next drill.
 - Start on 0 points. Add 1 point on a make and subtract 1 point on a miss.
 - The goal is to get to +10. If you get to -10 you lose.
 - Beginner - +1 on a make. -1 on a miss.
 - Intermediate - +1 on a make. -2 on a miss.
 - Advanced - +1 on a make. -3 on a miss.

3. Consecutive Free Throws

- Must make required amount of free throws consecutively.
 - Once you get to correct amount, don't stop until a miss.
 - Beginner - 3
 - Intermediate - 4
 - Advanced - 5

4. Elbow Jumpers Off the Dribble

- Start 40-50 ft away.
- Dribble hard and make a move at three-point line (crossover, through-the-legs, behind-the-back), then into either a 1-2 step pull up shot from the elbow, or a step back jump shot from the elbow (step back off inside foot).
 - Beginner - 3 each side
 - Intermediate - 4 each side
 - Advanced - 5 each side
 -

5. Form Balance Shooting 3 feet from rim.

- Same as regular form shooting but used for balance. Quick release off two-foot moves. Should take eight shots.
 - 1. On one foot.
 - 2. One foot, touch the ball to the ground, shoot.
 - 3. One foot, lateral hop (left to right, then back to starting spot), shoot.
 - 4. Alternate feet and repeat 1 - 3.
 - 5. Two feet, lateral hop, (left to right, then back to starting spot), shoot.
 - 6. Two feet, 180 degree turn jumps.

7. Consecutive Free Throws

- Must make required amount of free throws consecutively. Once you get to correct amount, don't stop until a miss.
- Beginner - 3
- Intermediate - 4
- Advanced - 5

8. Three Point Game

- Same as mid range game except from three-point line.
- Time limit of 3 - 5 minutes. If over allocated time, move onto next drill.
- Start on 0 points. Add 1 point on a make and subtract 1 point on a miss. The goal is to get to +10. If you get to -10 you lose.
 - Beginner - +1 on a make. -1 on a miss.
 - Intermediate - +1 on a make. -2 on a miss.
 - Advanced - +1 on a make. -3 on a miss.

9. Form Shooting 3 feet from rim.

- Three spots around the ring: both sides and front. Must be swish. Focus on form.
 - Beginner - 2 at each spot
 - Intermediate - 3 at each spot
 - Advanced - 4 at each spot

10. Escape Dribble

- 3-Pointers Slight ball fake and then lateral one-dribble into open space for three-point shot.
- From 5 spots. Both baselines, both wings, and top.
 - Beginner - 1 shot left or right from each spot.
 - Intermediate - 2 shots left or right from each spot.
 - Advanced - 3 shots left or right from each spot.

Ball Handling

Stationary Ball Handling Routine: 5-10 reps of each drill

- Fingertip touches (above your head, at your waist, at your feet)
- Ball slaps
- Body circles
- Around the ankles, knees, waist, head, around the world (5 times in each direction)
- Around 2 / Around 1 (2 around your waist, 1 around ankles)
- 1 hand in front / 1 hand behind – quick hands
- 2 hands in front / 2 hands behind – quick hands
- Figure 8
- Figure 8 behind the back
- Body circles
- Overhead tosses – catch behind back

Stationary Dribbling Routine: 30-50 dribbles on each drill

- Pound dribble (high, low, side, front, back, middle)
- Push- pull dribble (Right hand on side, forward and backward – Repeat left side)
- Side to side dribble (Right hand in front, Left hand in front)
- Crossovers
- Behind the back crossovers
- 1 dribble and crossover
- 1 dribble and crossover behind the back
- 1 hand figure 8's (each direction)
- 1 hand figure 8's (each direction)
- Mirror drill (make as many moves as possible in a short time)
- Mirror drill with 2 balls

Two Ball Dribbling: 30-50 dribbles on each drill

- 2 Ball Pound
- Out in front
- Side
- 1 high / 1 low
- Side to side
- Push/ Pull
- Changing balls
- 3 balls