

Shooting Workout Directions

Form Shooting 1: Under Basket

- These are done right under rim. Use only 1 hand for these. Concentrate on getting “nothing but net” on these shots. Focus on releasing up.
- Shoot 30 (alternate between left & right)

Form Shooting 2: Step-Outs

- Follow same guidelines as Form Shooting 1, except this time start about 3 feet away from rim. After you make 3 take a step back.
- Again, use only **1 hand** for this drill.
- Go out as far as you can while **maintaining** proper form.

Form Shooting: Footwork

- Start about 15 feet away from basket with your back to the rim
- Face basket by pivoting & getting into triple threat position
- Vary your moves between: jump shots, fake & attack strong side, fake & attack by crossing over, or stepbacks
- Shoot 40 (20 from left side, 20 from right side)

Jump Shots w/out Dribble

- It may be helpful to have a passer or throw back for this drill. Otherwise spin it to yourself.
- Simply catch & shoot without dribbling
- Alternate between spot ups & run ups (15 of each)
- Concentrate on quick elevation & release once you catch it
- 30 shots (shooters choice)

Jump Shots w/ Dribble

- Same as w/out dribble, but this time take **1-2 hard dribbles** before shooting
- Always fake before making your first dribble (ball/head/jab step)
- Again work on quick elevation & quick release
- 30 shots (shooters choice)

Pressure Shooting 1

- You must hit 10 shots in a row from the same spot.
- Perimeter players: 8+ feet from rim
- Do this drill 3 times (30 shots)

1 Dribble Lay-Ups

- Start outside the arc with ball
- Practice **FAKING** & attack the basket with only 1 dribble
- Attack using both your left & right hands

Grafig

Free Throw Challenge

- You need to make 5 FT's in a row 5 times.
- Once you miss, start over until you get 5 in a row
- 25 shots (only makes count toward 25, misses don't)

3-pt Workout:

Dry Form Shooting:

- This drill is to be done without actually shooting
- Focus on form. Shoot the ball about 5 feet in front of you.
- Make sure you get plenty of height on your dry shot
- Check rotation by seeing if the ball comes back toward you after hitting the floor
- Before releasing ball, check that your feet are set right & your hands are correct
- Dry shoot 10 times

Around the World: Catch & Shoot

- Start in one of the corners. Shoot once at a spot & rotate over.
- NO dribble. Catch and shoot all 10.
- Get at least 10 shots up by the time you get to the opposite corner
- The 2nd time you do Around the World C&S start in the corner you finished in
- Make sure you're getting your hips square with the rim

21

- Begin this drill in a corner
- Start with 13 pts
- Shoot 3 times from one spot (regardless of makes or misses)
- For every shot missed subtract 2 pts
- For every shot made add 1 point
- Go until you reach 21

Around the World: Off Dribble

- Either have someone pass or spin ball to yourself to start
- Dribble once or twice. Elevate quick & release
- Get at least 10 shots in going one direction
- 2nd time: Do the same thing going the opposite direction
- Make sure you're getting your hips squared with the rim!

Screen Shot

- Set a chairs out at 3 spots (2 on the wings & one at the top of key)
- The chairs should be about 2-3 feet below the arc (where a screen will usually be set)
- Start 4+ feet below chair (so you're going full speed)
- Set up your "defender" & come off the "screen" quickly
- As you're coming around have partner pass at the same time you're reaching the arch
- Focus on getting your feet right & releasing quick

Grafig

- 2nd time: Come off the chairs the opposite direction

Woudstra Workout

- Shooter starts underneath basket (passer is at the top of the key)
- Shooter sprints to corner or wing. Catch & shoot
- Alternate between left & right sides while passer stays at the top of key.
- Shoot 5 times from each wing (10 total)
- Have passer move to left or right wing
- Shooter does the same thing except this time she comes to the top of the key to shoot. (5 shots)
- Do this drill twice (total of 30 shots)
- Focus on getting your hips square to the basket & legs, arm & hand all in a line

Post Workout

Drop Step Baseline (when defender is on the high side)

- Start on the blocks in good post-up position.
- Spin the ball to yourself. (or if you have a partner, have them pass it to you)
- Take your bottom foot & drop it toward the rim (aka power step). The whole goal is to pin your defender behind you, so if you have someone helping you have them stay on your high side during this drill.
- Start slowly. Make sure your footwork is correct! As your footwork gets better you can start going full speed.
- Keep the ball high at ALL TIMES!
- Make sure you're doing it from both left & right blocks.

Drop Step Middle (when defender is on the low side)

- Start in the same position as the baseline drop step.
- Spin the ball to yourself. (or if you have a partner, have them pass it to you)
- Take your TOP foot & drop it toward the rim. Again, the whole goal here is to pin your defender behind you, so visualize this as you're working on your footwork. Again, if someone is defending you have them stay on your low side for this.

Baseline Jump Shots

- Simply a jump shot taken from the baseline. Start in close to the blocks and work your way out.

Hip to Hip (2 fakes)

- Start in good post position.
- Spin the ball yourself (or have someone pass it).
- Keep the ball high!
- Fake to the baseline (keep your top foot planted!). Swing the ball back toward the middle (2nd fake), make sure you turn your shoulders & hips so you're facing the rim.
- After 2nd fake, take a power step to the rim.

Grafining

- Be sure & keep the ball high at all times! Also, keep that top foot planted until your power step at the end.

Elbow Shots

- Jump shots from the elbows (corners of the free throw line).
- Shoot from both the left & right corners.

Around the World: Catch & Shoot

- Start on the baseline. Shoot once at a spot & rotate over.
- NO dribble. Catch and shoot all 10.
- Get at least 10 shots up by the time you get to the opposite baseline.
- The 2nd time you do Around the World C&S start in the corner you finished in
- Make sure you're getting your hips square with the rim

21 (post)

- Begin this drill on the baseline (kind of like Around the World)
- Start with 13 pts
- Shoot 3 times from one spot (regardless of makes or misses)
- For every shot missed subtract 2 pts
- For every shot made add 1 point
- Go until you reach 21