

Shooting Workout

by Basketball-Connect.com

TOTAL DAILY SHOOTING AND WORKOUT

- 250 – 3-pointers (shoot in increments of 20 or 30 throughout your time at a gym)
- 250 – Pull-up jumpers (15-17 feet)
- 50 Free Throws (emphasis on shooting consecutive shots in a row)
- Length of the court lay-ups (emphasis on ball handling with a variety of dribbles)
- Play games (half, full court, 3 x 3)
- Track running (sprints, etc – 3x a week)

STANDSTILL SHOOTING

- Stand 10 to 15 ft from the hoop and take 5 shots at a time from five different spots on the perimeter.
- Change five spots each time you do the drill
- DO NOT move to another spot until you have made 3-5

TWENTY-FIVE (25) JUMP SHOT DRILL

- Good for everyday shooting to develop consistency
- Shoot - 5 Jump Shots
- Shoot – One Power Dribble, Jump Shot (with lift on extension)
- Shoot – Head Fake, One Dribble, Jump Shot
- Shoot – Combination of all dribble moves then shoot

Note: You will need a partner to receive the ball in order to face the basket and receive in motion/quickly

SHOT FAKE, ONE DRIBBLE, PULL UP

- Fake go right
- Fake go left
- Use the chair or object as defense
- Concentrate on going by the defense to the basket close and not wide to skim past the defender

BEAT THE PRO (Classic Shooting) – Score 12 points before the Pro

- Start game with a foul shot
- If you make it you get one point, if you miss the pro scores 3pts
- You then take jump shots from various spots on the floor and each basket you make, you get 1pt
- Each time you miss, the pro scores 2 points
- Whoever gets to 12 points first WINS.