Up & Comers In-Season Program

* Perform this program if you're currently in high school, competing for a team
* Train five days per week, rotating between all five workouts, until your season ends
* When your season ends, switch to the Up & Comers Off-Season Program

WORKOUT 1:

One-Hand Touch Shooting  
Touch Shooting  
Pocket Lift/Balance Hand Stuff  
Trigger Step- Shooting Shoulder at Rim  
Trigger Step- Non-Shooting Shoulder at Rim  
45 Degree Trigger Step on the Catch R-L  
45 Degree Trigger Step on the Catch L-R  
Three-Step Approach, Shooting Shoulder  
Three-Step Approach, Non-Shooting Shoulder  
Baseball Shooting  
Championship Shooting  
71/75/100 Shooting  
Seven Spot Four Streak  
Alternate Range  
Transition Catch and Shoots  
Corner Straight Cut Shooting  
Wing Straight Cut Shooting  
Make Multiples of 5 Pressure Shooting (5 Spots)  
Free Throw Golf

WORKOUT 2:

One-Hand Touch Shooting  
Touch Shooting  
Balance Hand Shadow  
Pound, Pocket Lift/Balance Hand Stuff  
Pound, Shooting Hand Lift  
Three-Step Approach- Dribble- Shooting Shoulder at Rim  
Three-Step Approach- Dribble- Non-Shooting Shoulder  
5 Spot One-Dribble Shooting  
37 Point Thriller  
Two Minute Dribble Jump Shots  
5 Spot Combo Shooting- Mid-Range First  
Shift Dribble 3s  
5 Spot Combo Shooting- Add 3s  
50 Make One-Miss Shooting  
FT Swishes

WORKOUT 3:
One-Hand Touch Shooting  
Touch Shooting  
Pocket Lift/Balance Hand Stuff  
Shooting Hand Lift  
Trigger Step- Shooting Shoulder at Rim  
Trigger Step- Non-Shooting Shoulder at Rim  
90 Degree Trigger Step on the Catch, R-L  
90 Degree Trigger Step on the Catch, L-R  
Three-Step Approach, Shooting Shoulder  
Three-Step Approach, Non-Shooting Shoulder  
Corner Drift- Mid-Range  
Corner Lifts- Mid-Range  
Corner Drifts- 3  
Corner Lifts- 3  
Slot to Wing- Catch and Shoot  
Corner Drift- Baseline Dribble J  
Corner Lift, One-Dribble Middle  
Slot to Wing- Sweep Baseline Jump Shot  
Corner Straight Cut Shooting  
Wing Straight Cut Shooting  

WORKOUT 4:

One-Hand Touch Shooting  
Touch Shooting  
Pocket Lift/Balance Hand Stuff  
Shooting Hand Lift  
Trigger Step- Shooting Shoulder at Rim  
Trigger Step- Non-Shooting Shoulder at Rim  
90 Degree Trigger Step on the Catch, R-L  
90 Degree Trigger Step on the Catch, L-R  
Three-Step Approach, Shooting Shoulder  
Three-Step Approach, Non-Shooting Shoulder  
Tight Curl, Catch and Shoot  
Wide Curl, Catch and Shoot  
Wide Curl, One-Dribble J  
Fade, Catch and Shoot from mid-range  
Fade, Catch and Shoot from 3  
Fade, Catch, Baseline Sweep and Jump Shot  
Fade, Middle, Rip Through and Jump Shot  
Consequence Shooting  
14/16

WORKOUT 5:

One-Hand Touch Shooting
Touch Shooting     6 makes
Pocket Lift/Balance Hand Stuff     6 makes
Shooting Hand Lift     6 makes
Pound, Balance Hand Stuff     6 makes
Pound, Shooting Hand Lift     6 makes
Inside Foot J       R-L     6 makes
Inside Foot J       L-R     6 makes
Alternate Range Make 4 of each from 5 spots
Multiples of 5 Pressure Shooting from 5 spots Make 5th, 10th, and 15th.
3 Shot Spot-Up Shooting Make 8 shots at each spot
Transition Catch and Shoots Make 5 at each spot
5 Spot One-Dribble Shooting Make 6 at each spot
Seven Drill Start at 7
5 Spot Combo Make under 3 min