

At Home Shooting Workout

This workout will be basic to some and challenging to others. If you need to modify this, as far as reps or range is concerned, please do so. Remember **QUALITY OVER QUANTITY**. I want to focus on reps for this workout. We want to make sure we are still comfortable with the ball in our hands and staying sharp for when those gym doors open back up. The best part about this workout is that you do not need a rebounder, so you have no excuse not to get it in!

Mikan Drill

- 25 Regular
- 25 Reverse
 - I challenge you to make them in a row, VALUE lay ups!

Form Shooting

- Middle (20 makes)
- R side (20 makes)
- L side (20 makes)

Pivot Series (Front pivot)

We are going to work on Front pivots first. The player will start underneath the basket and spin the ball out to themselves, catch on TWO FEET (Jump Stop, feet hitting the ground at the same time. Chest facing AWAY from the basket) and **Front pivot on your left foot if you are right handed or Right foot if you are left handed.**

TEACHING POINT

We are working on turning and facing the basket. Land on balance (two feet). We want to land on two feet because then you have your choice of a pivot foot. If your feet land 1,2 then what ever foot hits the ground first is already your established pivot foot. When you pivot make it one fluid motion turning to the basket, once you are on balance, shoot the ball. Don't rush!

- R corner (5 makes)
- R wing (5 makes)
- Top of the key (5 makes)
- L wing (5 makes)
- L corner (5 makes)

Make 5 Free throws

Pivot Series (Reverse pivot)

Now we are going to work on Reverse pivots. The player will start underneath the basket and spin the ball out to themselves, catch on TWO FEET (Jump Stop, feet hitting the ground at the same time. Chest facing AWAY from the basket) and **Reverse pivot on your left foot if you are right handed or right foot if you are left handed.**

TEACHING POINT

We are working on turning and facing the basket. Land on balance (two feet). We want to land on two feet because then you have your choice of a pivot foot. If your feet land 1,2 then what ever foot hits the ground first is already your established pivot foot. When you pivot make it one fluid motion turning to the basket, once you are on balance, shoot the ball. Don't rush!

- R corner (5 makes)
- R wing (5 makes)
- Top of the key (5 makes)
- L wing (5 makes)
- L corner (5 makes)

Make 5 Free throws

Jab step progression

Jab step series (front pivot)

The player will repeat the process they did for the pivot series by starting underneath the basket and spinning the ball out to themselves (landing on two feet with their chest facing away from the basket) but now once we pivot to face the basket, we will add a side jab step. This will work on creating separation without taking a dribble.

TEACHING POINT

When you jab, shift the ball hip to hip and keep the ball tight to your body, do not be loose with it. Shift your core as well as the ball, you have to make the defender believe you are going that direction, once they take that small step backwards (getting them on their heels), you've created enough space to take a shot.

- R corner (5 makes)
- R wing (5 makes)
- Top of the key (5 makes)
- L wing (5 makes)
- L corner (5 makes)

Make 5 Free throws

Jab step series (reverse pivot)

The player will repeat the process they did for the pivot series by starting underneath the basket and spinning the ball out to themselves (landing on two feet with their chest facing away from the basket) but now once we pivot to face the basket, we will add a side jab step. This will work on creating separation without taking a dribble.

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- R corner (5 makes)
- R wing (5 makes)
- Top of the key (5 makes)
- L wing (5 makes)
- L corner (5 makes)

Make 5 Free throws

Jab step progression + 1 dribble

Jab step series + 1 dribble (front pivot)

The player will repeat the process they did for the pivot series by starting underneath the basket and spinning the ball out to themselves (landing on two feet with their chest facing away from the basket) but now once we pivot to face the basket, we will add a side jab step + 1 dribble pull up.

TEACHING POINT

When you jab, shift the ball hip to hip and keep the ball tight to your body, do not be loose with it. Shift your core as well as the ball. If you simply just move your feet, the defender will not bite on your jab. You have to make the defender believe you are going that direction. Now we want to add 1 dribble **after** the jab step. Your first step after the jab will be with the foot you jabbed with. You will take a *cross step* (a step across your body) to get in your pull up. Again, this is a quick way to create a shot for yourself while limiting your dribbles.

- R corner (5 makes)
- R wing (5 makes)
- Top of key (5 makes)
- L wing (5 makes)
- L corner (5 makes)

Make 5 Free throws

Jab step series + 1 dribble (reverse pivot)

The player will repeat the process they did for the pivot series by starting underneath the basket and spinning the ball out to themselves (landing on two feet with their chest facing away from the basket) but now once we pivot to face the basket, we will add a side jab step + 1 dribble pull up.

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- R corner (5 makes)
- R wing (5 makes)
- Top of key (5 makes)
- L wing (5 makes)
- L corner (5 makes)

Make 10 Free throws

TOTAL MAKES 295