

# **FUNDAMENTALS**

## **SHOOTING WORKOUT**

NAME:

DATE:

**COACHING NOTE: All shots should be completed to a set number of makes, not attempts. BE A SHOT MAKER, NOT A SHOT TAKER.**

### **Mikan Drill**

-25 regular makes

-25 reverse makes

**50 Total makes**

### **Form shooting**

20 middle

20 right block

20 left block

**60 Total makes**

### **Spot shooting (Mid range)**

*\*20 makes per spot*

R Corner (\_\_\_ Shots attempted)

R Wing (\_\_\_ Shots attempted)

R Elbow (\_\_\_ Shots attempted)

Top of the key (\_\_\_ Shots attempted)

L Elbow (\_\_\_ Shots attempted)

L Wing (\_\_\_ Shots attempted)

L Corner (\_\_\_ Shots attempted)

**TOTAL: (140/\_\_\_)**

### **FREE THROWS**

*\*Shoot 20*

**TOTAL: (\_\_\_/20)**

### **Elbow to elbow**

*\*3 minutes each shooter*

**TOTAL: (\_\_\_/\_\_\_)**

### **RIGHT - Elbow to short corner**

*\*3 minutes each shooter*

**TOTAL: (\_\_\_/\_\_\_)**

### **LEFT - Elbow to short corner**

*\*3 minutes each shooter*

**TOTAL: (\_\_\_/\_\_\_)**

## **FREE THROWS**

*\*Shoot 20*

**TOTAL: (\_\_\_\_/20)**

## **Spot shooting (Threes)**

*\*20 makes per spot*

R Corner (\_\_\_\_ Shots attempted)

R Wing (\_\_\_\_ Shots attempted)

R Elbow (\_\_\_\_ Shots attempted)

Top of the key (\_\_\_\_ Shots attempted)

L Elbow (\_\_\_\_ Shots attempted)

L Wing (\_\_\_\_ Shots attempted)

L Corner (\_\_\_\_ Shots attempted)

**TOTAL: (140/\_\_\_\_)**

## **FREE THROWS**

*\*Shoot 20*

**TOTAL: (\_\_\_\_/20)**

## **One Dribble pull up series**

*\*10 makes each direction*

R Corner

-Baseline (\_\_\_\_ Shots attempted)

-Middle (\_\_\_\_ Shots attempted)

R Wing

-RIGHT (\_\_\_\_ Shots attempted)

-LEFT (\_\_\_\_ Shots attempted)

Top of the key

-RIGHT (\_\_\_\_ Shots attempted)

-LEFT (\_\_\_\_ Shots attempted)

L Wing

-RIGHT (\_\_\_\_ Shots attempted)

-LEFT (\_\_\_\_ Shots attempted)

L Corner

-Baseline (\_\_\_\_ Shots attempted)

-Middle (\_\_\_\_ Shots attempted)

**TOTAL: (100/\_\_\_\_)**

## **FREE THROWS**

*\*Shoot 20*

**TOTAL: (\_\_\_\_/20)**

## **“Reggie Miller” Drill**

*\*2 minutes per spot*

*\*Begin at half court. Sprint to the specified spot for a catch and shoot jump shot. If you MAKE the shot, sprint back to half court. If you MISS the shot, sprint full court (opposite baseline). Continue doing this sequence for 2 minutes and track total makes and shots attempted!*

R Corner

**TOTAL: (\_\_\_\_/\_\_\_\_)**

Top of the Key

**TOTAL: (\_\_\_\_/\_\_\_\_)**

L Corner

**TOTAL: (\_\_\_\_/\_\_\_\_)**

**DAILY TOTAL: (\_\_\_\_\_/\_\_\_\_\_)**