

## Breakthrough Basketball Shooting Workout

<b>Date:</b>						
Warm Up - 5 to 10 minutes						
Form Shooting - One Hand	/ 20	/ 20	/ 20	/ 20	/ 20	/ 20
Form Shooting - Guide Hand	/ 30	/ 30	/ 30	/ 30	/ 30	/ 30
<a href="#">Short Long - Top</a>	/ 30	/ 30	/ 30	/ 30	/ 30	/ 30
<a href="#">Short Long - Right Wing</a>	/ 30	/ 30	/ 30	/ 30	/ 30	/ 30
<a href="#">Short Long - Left Wing</a>	/ 30	/ 30	/ 30	/ 30	/ 30	/ 30
<a href="#">Seven - 2 Games</a>						
<a href="#">Block to Right Wing - Mid Range</a>	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
<a href="#">Block to Right Wing - Long Distance</a>	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
<a href="#">Block to Left Wing - Mid Range</a>	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
<a href="#">Block to Left Wing - Long Distance</a>	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
<a href="#">Block to Right Wing - 1 Dribble Shot</a>	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
<a href="#">Block to Left Wing - 1 Dribble Shot</a>	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
<a href="#">Block to Right Wing - 2 Dribble Change</a>	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
<a href="#">Block to Left Wing - 2 Dribble Change</a>	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
<a href="#">Ray Allen Shooting - 2 Games</a>						
<b>Total Shots</b>	/ 220	/ 220	/ 220	/ 220	/ 220	/ 220
Total Shot Percentage						
<b>Free Throws</b>	/ 75	/ 75	/ 75	/ 75	/ 75	/ 75
Free Throw Percentage						

Created by: Breakthrough Basketball

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