

**BREAKTHROUGH BASKETBALL**

# SHOOTING WORKOUTS

IMPROVE YOUR SHOOTING PERCENTAGE  
AND DEVELOP A GREAT SHOT!



[BreakthroughBasketball.com](http://BreakthroughBasketball.com)

# Breakthrough Basketball: Shooting Workouts

[www.BreakthroughBasketball.com](http://www.BreakthroughBasketball.com)

## Copyright Notice

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical. Any unauthorized use, sharing, reproduction, or distribution is strictly prohibited.

© Copyright 2013 Breakthrough Basketball, LLC

## Limits / Disclaimer of Warranty

The authors and publishers of this book and the accompanying materials have used their best efforts in preparing this book. The authors and publishers make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this book. They disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose. The authors and publishers shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages. This manual contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited.

# Table of Contents

<b>Workout #1: Developing Proper Mechanics .....</b>	<b>4</b>
<b>Workout #2: Youth Shooting Workout .....</b>	<b>13</b>
<b>Workout #3: Five Spot Shooting.....</b>	<b>14</b>
Stage 1 - Spot Up Shots .....	16
Stage 2 - Cut to the Spot .....	16
Stage 3 - Dribble to the Spot.....	16
Stage 4 - Mix and Add 6th Spot.....	17
<b>Workout #4: Spin Outs .....</b>	<b>18</b>
<b>Workout #5: Spin Outs &amp; Pivots .....</b>	<b>20</b>
<b>Workout #6: Partner Shooting .....</b>	<b>22</b>
<b>Workout #7: All Around Shooting.....</b>	<b>23</b>

# WORKOUT # 1: DEVELOPING PROPER MECHANICS

**All players should start here...**

In your quest to improve your shooting percentage and develop a great shot, you must first follow these steps.

Each of you will follow this process differently, depending on your situation. To keep things simple, you can classify yourself into one of the following categories:

**CATEGORY 1** – You are an inexperienced player just learning to shoot. You have NOT been shooting for a long time and you have not established any strong habits. You are just starting to build your shot.

**CATEGORY 2** – You are an experienced player with at least a couple years of shooting experience. You have developed shooting habits over those years; however, you have decided that you need to adjust your shooting mechanics.

**CATEGORY 3** – You are an experienced player with at least a couple years of experience. You have developed shooting habits over the years, and you have good mechanics that need very little or NO change.

*\* Note: You must first read about our chapter about shooting mechanics to determine if you need to adjust your technique. Once you do so, you can assess yourself more realistically. If you have any doubt, ask a coach to assess your mechanics and determine which category you fall into. You can also video tape your shooting stroke and critique yourself.*

## INSTRUCTIONS FOR PLAYERS IN CATEGORY 1

If you fall into Category 1, you should spend considerable time developing your mechanics and following the steps in Workout #1.

You will want to spend 20 minutes each day working on the steps below (developing your mechanics). You should go through this daily developmental workout for 20-30 days.

Once you feel that you have developed some good habits, you can progress to the following workouts.

## INSTRUCTIONS FOR PLAYERS IN CATEGORY 2

If you fall into Category 2, you will need to spend CONSIDERABLY MORE time *unlearning* your current technique and developing good mechanics by following the steps in Workout #1.

You have some tough habits to break at a sub-conscious, muscle memory level!

To do so, you will want to spend 20-30 minutes each day working on the steps below (developing your mechanics). You should go through this daily developmental practice for 40-90 days, depending on how deeply ingrained your bad habits are.

Once you feel that you have broken your bad habits (use 40 days as a dependable minimum), you can progress to the next section. It will take LOTS of repetitions to break those bad habits and develop good shooting mechanics. You don't want those bad habits to come back during games.

It will take hard work, but it will pay off in the long run!

### **INSTRUCTIONS FOR PLAYERS IN CATEGORY 3**

If you fall into Category 3, you should go through workout #1 once or twice. You will use a similar routine in a later workout, so you should practice this routine a few times as an introductory, foundational step.

Bottom line, even if you have perfect mechanics, you should still brush up on them almost every time you practice. We have a good shooting workout for you, and keeping your mechanics sharp is an important part of that workout.

## What are the steps for developing proper mechanics?

You wouldn't be reading this if you weren't very interested in improving your shot. You're ready to devote sufficient time and energy to the process, and you want to know how to get the most benefit from your efforts.

As you begin building (or rebuilding) your shot, you should first start shooting **away from the basket**.

This will focus your attention on proper mechanics instead of whether or not the ball is going into the hoop. You've probably learned to shoot with some success, and when you try to change your shot, you have to be prepared to be patient through an adjustment period during which you will very likely miss more shots than you're used to missing. In the long run, you'll end up much better off.

### STEP 1 – PRACTICE SHOOTING TO YOURSELF WITH ONE HAND

**First, grip the ball properly.**

**FINGER PADS** - To have control and a soft touch, it is very important that the ball rests on all of the finger pads of your shooting hand, but not on the middle area of the palm.

**SPREAD FINGERS COMFORTABLY** - Your fingers should be comfortably spread along one of the long seams of the ball.

**INDEX FINGER & MIDDLE FINGER CENTERED ON BALL** - Your index and middle fingers should be straddling the center of the ball. When you are learning to grip the ball properly, it is a great idea to use the air valve of the ball as a guide to the center of the ball.



**GUIDE HAND ON SIDE OF BALL** - Position your other hand (referred to as the balance or guide hand) along the side or slightly under the ball, making sure that it is not on top of or in front of the ball. Your balance-hand thumb should be a few inches away from the thumb of your shooting hand.

**Next, raise the ball to your set point and shoot one-handed.**

Once you have your hands in proper position on the ball, the next step is to raise the ball to your set point and shoot to yourself one-handed.

Generally, this is just above your line of vision (or below the line of vision for younger/weaker players) and slightly in front of your forehead.

At this stage of your shot development, you should remove your balance hand, keeping it raised in a tomahawk position relative to your line of vision, and 'shoot' the ball a few feet into the air. Catch the ball with your shooting hand and repeat this motion until you establish comfort and control handling the ball with just your shooting hand.



You should not be worried at all about your lower body at this stage. You can even do this drill sitting in a chair or on the floor to isolate the motion.

**As your control improves, you should increase the height that you shoot to several feet, still one-handed.**

This one-handed practice will train you to have your wrist in a comfortably flexed position and your elbow in proper alignment with your shot line.

Practice until you feel very comfortable with the movement and your mechanics are very consistent -- at least 50 times -- to start developing some muscle memory.

## STEP 2 – ALIGN YOUR LOWER BODY AND PRACTICE SHOOTING WITH ONE HAND

Now that you have established basic control of your hands and arms, it's time to pay attention to your lower body and stance.

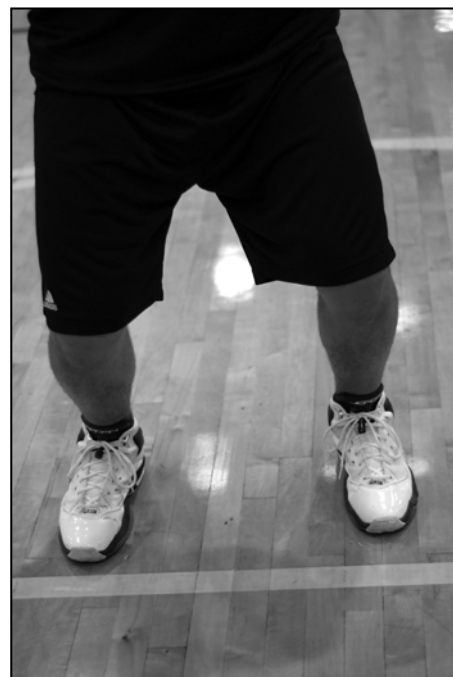
Your stance is critical in determining your accuracy and range. If you are off balance, your accuracy suffers. Additionally, your power to shoot from a distance comes from capturing the force generated by your legs.

Both of your feet should be comfortably pointed in the general direction of the basket, about shoulder-width or slightly further apart, with your shooting hand foot a few inches in front of your other foot.

Note, your feet do not have to point directly at the basket. You can "turn" them to point slightly to the left (if you're a right handed shooter). However they should be positioned comfortably. And once you find a comfortable position, do it the exact same way each time.

Your knees should be slightly flexed, your back straight, and the ball in what is referred to as "the shot pocket". This means that your hands are in proper position to shoot the ball and you are holding it about chest level, a little to the shooting hand side of your chest.

Now continue to shoot one-handed, as explained in the previous step. The only difference is that now you're paying attention to your feet to make sure that everything is aligned comfortably and consistently. Do this at least 50 times.





### STEP 3 – PRACTICE YOUR SHOOTING STROKE AWAY FROM THE BASKET.

When adjusting your shooting mechanics, it's very important to start practicing away from the basket. This is because shooting at the basket with new mechanics will get you discouraged and slow your development.

#### SHOOT TO YOURSELF.

At this point, you should practice shooting to yourself, just as you did earlier with the one-handed method.

This time, however, you will be bringing the ball up from your shot pocket rather than starting from your set point, and you will not be removing your balance hand. As you begin your shot motion, you will dip slightly with your legs, but your arms should move up to your set point without any dip. You should rise up onto your toes as you release and follow-through. The process should be one, smooth motion. You should try to increase the height of your 'shot' in order to learn how to use your leg power effectively. Do this at least 50 times.

#### WORK WITH A PARTNER.

After you've developed your basic shot delivery motion, it's time to work with a partner.

Find a straight court line, and let it connect you and your partner standing at least fifteen-feet apart, facing each other.

Concentrating on a smooth shot motion, shoot the ball back-and-forth with one bounce, aiming for the ball to land on, or very close to the line on the bounce.

This will train you to shoot straight.

Make sure that you hold your follow-through (both arms raised in proper position) during this practice until the ball bounces.

Keep practicing until you consistently hit near the line while using a nice fluid motion. You should repeat this at least 50 times to start developing muscle memory.



**Another valuable partner practice is to provide a hand target for each other to shoot at.** Make the target a high one to encourage arc. When shooting at your partner's hand target, be sure to hold your follow-through until your partner catches the ball. This practice will focus on distance control in addition to alignment. Each partner should do this 50 times.

### USE THE WALL

Using a wall for form practice is another good idea at this stage.

Stand about ten feet from and at right angles to a wall.

Pick a spot 12-15 feet up on the wall, and shoot at it.

If you're shooting correctly, the ball should bounce back to you.

This drill will help you to establish an effective arc, too.

Repeat 50 times.



#### STEP 4 – USE THE HOOP (GROOVING)

Once you're solidly grounded in a correct shot motion, it's time to head to the hoop.

The hoop is the target, and you should definitely focus on the middle of the rim. Beyond that, you have options-- the front of the rim, the back of the rim, just in front of the back rim, and even a generalized 'soft' gaze at the center of the entire rim area. The critical point is that your target is centered from whatever angle you are to the hoop. If you shoot for the exact center, you give yourself the best chance of the ball still going in if you are off a little to one side or the other.

The proper arc also increases your chances. You should try for an arc that gets the ball at least as high as the top of the white square on the backboard.

**Start a foot or two from the basket and shoot**, concentrating on correct form and moving to different spots around the rim.

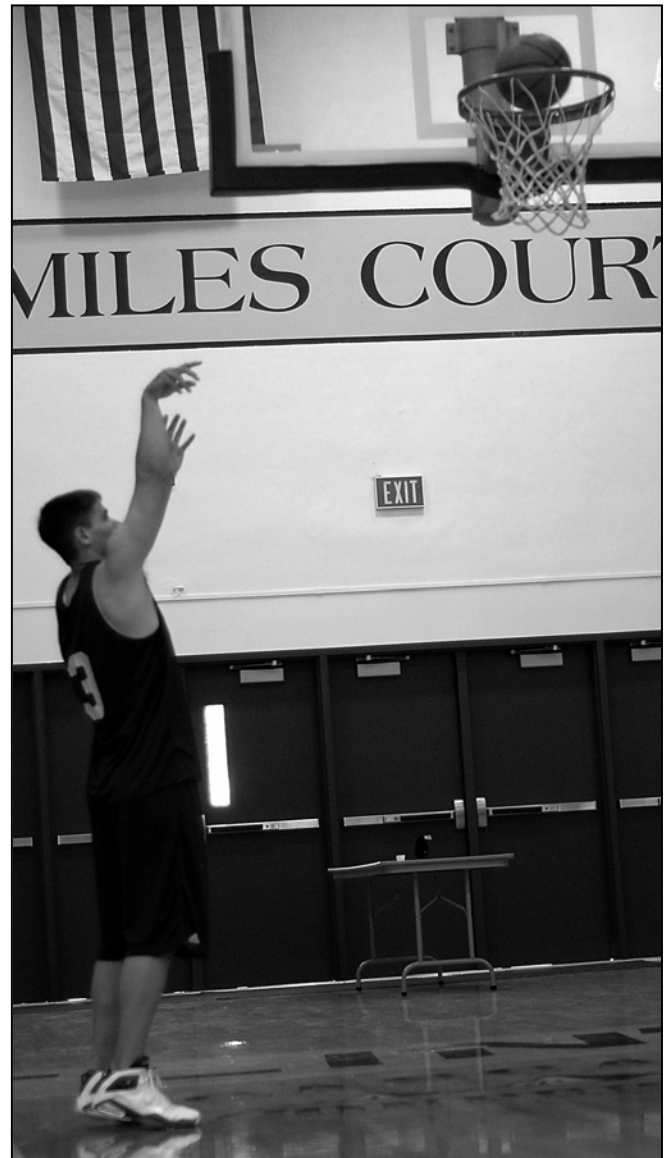
Try for perfect swishes. Shoot at least 50 of these short shots per session.

**Many great shooters start every practice session grooving their shot in this manner.**

First of all, it's great for your confidence to make shot after shot, even if it is from two feet!

Next, it encourages a good arc because you have to shoot up from that range.

Finally, you have very little else to look at from that range, so your target focus is reinforced.



## **STEP 5 – MOVE BACK**

The next progression is to move back a step and repeat the sequence. Continue moving back ONE step at a time as you establish good results at each distance.

As you move, you will learn to incorporate appropriate leg force into your shot from specific distances, which will become muscle memory, one key to great shooting.

***IMPORTANT:** This is a gradual developmental process, as opposed to arbitrarily moving out beyond the three-point line and straining to get shots to the rim. As you move back, one step at a time, be sure to maintain a good arc on your shot. Your follow-through should end with you being able to see the rim under your fingers. Keep your guide hand in “tomahawk” position.*

Once you are shooting from about fifteen feet out, you might want to spend some time shooting with your eyes closed. Though this might seem strange at first, it is valuable for helping you to tune in to the feel of the shot from a given distance. Since your visual clues are gone, your attention is free to notice the movement patterns that result in made shots. This focused attention speeds up the development of your muscle memory.

### **Summary and where to go from here**

You should follow these steps and practice these tactics until you can shoot with the correct mechanics **WITHOUT THINKING**.

You need enough repetitions so that you build the correct muscle memory. You should be able to step into a game and groove your shot without thinking about mechanics. When shooting in a game, you should rely on **MUSCLE** memory and avoid **BRAIN** memory. Thinking about mechanics at that time will actually cause you to execute them less effectively.

Once you have developed good shooting habits and mechanics, you can then move on to other workouts.

Some players will be able to move into the next section in a few days. Others will need to wait several weeks until they have perfected their mechanics.

Here’s a summary of each step of the process:

**STEP 1 – PRACTICE SHOOTING TO YOURSELF WITH ONE HAND.**

**STEP 2 – ALIGN YOUR LOWER BODY AND PRACTICE SHOOTING WITH ONE HAND.**

**STEP 3 – PRACTICE YOUR SHOOTING STROKE AWAY FROM THE BASKET.**

**STEP 4 – USE THE HOOP (GROOVING).**

**STEP 5 – MOVE BACK.**

# WORKOUT #2: YOUTH SHOOTING WORKOUT

This workout is for youth players between the ages of 8 and 11.

We believe that youth workouts should be fun. In fact, you could argue that most youth kids shouldn't even do a shooting workout yet.

8 year olds are NOT strong enough to shoot with proper mechanics (unless they use a VERY small and light basketball at a low hoop).

Until a player hits puberty, you have to be very careful about how you structure shooting workouts and how you practice.

So this workout is designed specifically for youth players that have not hit puberty yet.

## The Workout

First start out with some [fun ballhandling drills](#). This serves as a warm up and an important part of their skill development. You can spend 5 - 15 minutes on some ballhandling. Keep it fun so players learn to enjoy the sport and develop a passion for it.

Next, practice some "form shooting". Start by shooting 20 shots to a spot on the floor. Then take 30 shots against the wall. Keep track of how many times you are able to hit your spot on the wall. Make sure to get arc on your shot and hold your follow through. *See workout #1 above for instructions on the form shooting drills.*

Finally, pick out a few fun shooting drills. Spend maybe 10 minutes on the drill and again keep it fun. Here are a few drills you can choose from

- HORSE (the classic game that almost all kids have fun playing).
- Basic partner shooting. Take 10 and switch. Keep track of makes.
- [Knockout](#)
- [Dribble knockout](#)
- [2 up 2 back](#)
- [Basketball Golf](#)
- [More fun youth drills](#)

## WORKOUT #3: FIVE SPOT SHOOTING

5 Spot Shooting is one of the simplest and best all around shooting workouts!

If we could only give you ONE workout, this would be it. This may well be the only workout you ever use and you'll still become an incredible shooter.

5 Spot Shooting is a logical workout that covers ALL aspects of shooting from EVERY spot on the floor. It's extremely thorough!

In addition, it helps you develop great distance control because you methodically move your way out. This is one of the best drills and workouts for developing distance control and shooting accuracy.

And last but not least, it forces you to shoot from the right distance! Most players like to start outside and shoot shots they are not ready for. That is very counterproductive and one of the biggest mistakes that players make.

This workout forces you to shoot from the proper distance and methodically BUILD YOUR SHOT the right way!! There are no shortcuts in life and this drills forces you to do things the right way.

### **How to Begin:**

As shown in the diagram and shot chart below, you will be shooting from five different angles on the court (left baseline, right baseline, left wing, right wing, and middle). You will be taking 50 total shots from each of the five angles.

You will begin on the left wing, setting up four feet from the basket (spot one in the diagram below). Take 10 shots from spot one, keeping track of how many you make out of 10. If you make at least six out of 10, you are able to progress back to spot two which is four feet back from spot one (eight feet from the basket).

However, if you fail to make at least six shots from spot one in round one, you are not able to move back to spot two. You must stay in spot one for round two. In round two you will again take 10 shots and keep track of how many you make. Again, if you make at least six shots, you can move back to the next spot. Each new spot is four feet farther back from the previous spot.

The same continues for rounds three through five. Once you have completed round five you will have taken 50 total shots and you will then move to the next angle (ex: middle).

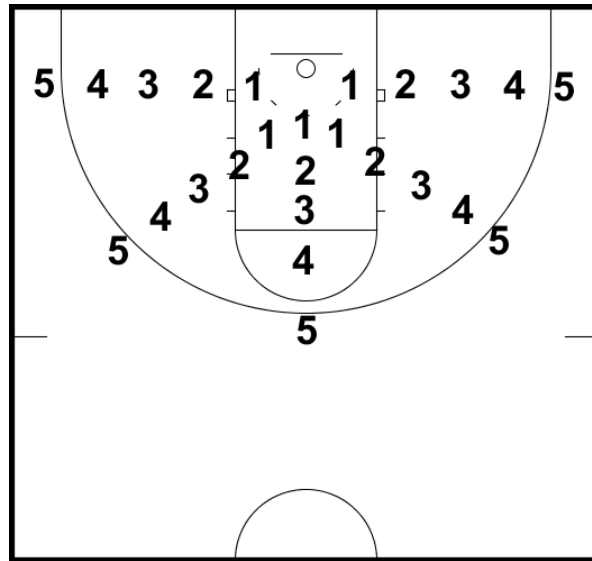
After finishing all five angles you will have attempted 250 total shots from all court angles. This drill is great because it requires players to master shooting from a certain distance before they can move back. Do not be disappointed if you do not make it back to the three-point line. Most players will remain in spots 1-4 for the entire workout. 5 Spot Shooting keeps players within their appropriate range and gives them goals to shoot for, literally!

## 5 Spot Diagram and Shot Chart

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Makes: \_\_\_\_ / Attempts: \_\_\_\_ x Average Range \_\_\_\_\_ = \_\_\_\_\_

Left Baseline	Makes
Round 1 - Spot 1	
Round 2 - Spot ____	
Round 3 - Spot ____	
Round 4 - Spot ____	
Round 5 - Spot ____	
<b>Total</b>	



Right Baseline	Makes
Round 1 - Spot 1	
Round 2 - Spot ____	
Round 3 - Spot ____	
Round 4 - Spot ____	
Round 5 - Spot ____	
<b>Total</b>	

Left Wing	Makes
Round 1 - Spot 1	
Round 2 - Spot ____	
Round 3 - Spot ____	
Round 4 - Spot ____	
Round 5 - Spot ____	
<b>Total</b>	

Right Wing	Makes
Round 1 - Spot 1	
Round 2 - Spot ____	
Round 3 - Spot ____	
Round 4 - Spot ____	
Round 5 - Spot ____	
<b>Total</b>	

Middle	Makes
Round 1 - Spot 1	
Round 2 - Spot ____	
Round 3 - Spot ____	
Round 4 - Spot ____	
Round 5 - Spot ____	
<b>Total</b>	

*\* Fill in the makes, attempts, and average range above to score your shooting performance. The higher your number, the better.*

## **5 Spot Shooting Stages**

Here's a logical progression you can follow when using the 5 spot shooting workouts...

### **Stage 1 - Spot Up Shots**

All players start with stage 1. You must first develop a foundation and build your shot from there.

In stage 1 you will take "spot up" shots. You stand at your spot, receive the ball, and shoot. It's a basic catch and shoot workout that does not involve any movement or cutting.

If you are able to complete the entire 5 Spot Shooting drill and make at least 65% of your shots, you can move to Stage 2.

If you're not able to make 65% of your shots, keep working on stage 1 until you can.

### **Stage 2 - Cut to the Spot**

Now you will start cutting to the spot. You are simulating movement in a game. For example, when you pass the ball into the post, you might relocate, receive the ball, and take the shot. Or you might fill an open spot on the perimeter, and take the shot.

Every shot you take in the workout should now involve some cutting action when you cut to the spot, receive the ball, and immediately take the shot.

If you have a partner, you want your partner making the pass from the perimeter. So you would rebound your own shot and then pass it to your partner. You also want your partner throwing good passes that hit you in stride (good timing on the pass). You don't want to be at the spot and be waiting for the ball. It should hit you in stride. You're trying to simulate what actually happens in a game.

If you don't have a partner, you can [spin the ball](#) to yourself (to simulate a pass).

Note: Spot 1 is considered your "form shooting" and you don't need to cut to that spot.

If you are able to complete the 5 Spot Shooting drill and make at least 65% of your shots, you can move to Stage 3.

### **Stage 3 - Dribble to the Spot**

Now you will take every shot off the dribble. You should start several feet behind your "spot". Then take one or two hard dribbles, and pull up for your jump shot.

Be sure to mix up dribbling to your right and dribble to your left -- and work both sides equally.



Note: Spot 1 is considered your "form shooting" and you don't need to dribble to that spot.

If you are able to complete the 5 Spot Shooting drill and make at least 65% of your shots, you can move to Stage 4.

#### **Stage 4 - Mix and Add 6th Spot**

Once you have perfected each type of shot, you can start mixing them all in. There are a couple ways you can do this.

The first option is to rotate your workouts. Here's an example:

*Day 1 - Spot Up Shots*  
*Day 2 - Cut to the Spot*  
*Day 3 - Dribble to the Spot*  
*Start over on day 1 again and repeat.*

The second option is to mix up your shots with in the workout. Here's an example:

*Left Baseline - Spot Up Shots*  
*Left Wing - Cut to the Spot*  
*Middle - Dribble to the Spot*  
*Right Wing - Cut to the Spot*  
*Right Baseline - Dribble to the Spot*

#### **Bonus Spot 6**

Lastly, if you are able to make at least 6 out 10 shots from spot 5, you can add spot 6. This final spot will be 24 feet from basket.

This is the final stage of the 5 Spot Shooting Progressions. You can use this workout exclusively if you'd like. However once you perfect 5 Spot Shooting, we recommend that you mix in other shooting workouts to add variety.

## WORKOUT #4: SPIN OUTS

Here's a workout you can do by yourself by using [spin outs](#). The workout ends with a fun drill called [basketball golf](#).

	<u>Intermediate</u>	<u>Advanced</u>	<u>College / Pro</u>	
<b>Age:</b>	12 to 15	16 to 18	19 +	
Warm Up - Mikan Drill	30	30	30	
Wall Shooting or Line Shooting	20	20	20	
Grooves - 3 Different Angles	60	60	60	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>20</b>	
Spin Outs - Facing the Basket	20	30	40	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>20</b>	
Spin Outs - Hop or Pivot to the Left	20	30	40	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>20</b>	
Spin Out - Hop or Pivot to the Right	20	30	40	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>20</b>	
Spin Outs - 1 Dribble to the Left	20	30	40	
<b>Free Throws</b>	<b>10</b>	<b>15</b>	<b>20</b>	
Spin Outs - 1 Dribble to the Right	20	30	40	
<b>Free Throws</b>	<b>10</b>	<b>15</b>	<b>20</b>	
Spin Outs - Bank Shots	20	30	40	
<b>Free Throws</b>	<b>10</b>	<b>15</b>	<b>20</b>	
Spin Outs - Whatever You Want	20	30	40	
<b>Free Throws</b>	<b>10</b>	<b>15</b>	<b>20</b>	
Basketball Golf	Par 24	Par 18	Par 15	
Total Free Throws	80	100	160	
Approximate Shots	275	350	435	
Approximate Total Shots	355	450	595	

### Variation:

Day 1 – All shots from the right half of the court.

Day 2 – All shots from the left half of the court.

**To work on pivots and hops:**

Day 1 – Pivots

Day 2 – Hops

**To add a game-like feel** to this shooting workout, vary the spot and distance on every shot.

## WORKOUT #5: SPIN OUTS & PIVOTS

This is similar to the previous workout using [spin outs](#) -- except now you are adding specific pivots. This will help improve both your footwork and your shooting. The workout ends with a game of [beat the pro](#).

	<u>Intermediate</u>	<u>Advanced</u>	<u>College / Pro</u>	
<b>Age:</b>	12 to 15	16 to 18	19 +	
Warm Up - Mikan Drill	30	30	30	
Wall Shooting or Line Shooting	20	20	20	
Grooves - 3 Different Angles	60	75	90	
<b>Free Throws</b>	<b>5</b>	<b>10</b>	<b>15</b>	
Spin Outs - Front Pivot - Close Range	15	20	30	
<b>Free Throws</b>	<b>5</b>	<b>10</b>	<b>15</b>	
Spin Outs - Reverse Pivot - Close Range	15	20	30	
<b>Free Throws</b>	<b>5</b>	<b>10</b>	<b>15</b>	
Spin Outs - Front Pivot - Mid Range	15	20	30	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Spin Outs - Reverse Pivot - Mid Range	15	20	30	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Spin Outs - Front Pivot - Long Range	15	20	30	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Spin Outs - Reverse Pivot - Long Range	15	20	30	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Spin Outs - Front Pivot - 1 Dribble Jumpers	15	20	30	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Spin Outs - Reverse Pivot - 1 Dribble Jumpers	15	20	30	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Spin Outs - Pivot - Other Dribble Moves		20	40	
<b>Free Throws</b>		<b>10</b>	<b>15</b>	
Beat the Pro	Play to 5	Play to 10	Play to 10	
Total Free Throws	75	100	150	
Approximate Shots	240	300	400	
Approximate Total Shots	315	400	550	

When doing this shooting workout, we divide the sequences into ranges:

- Close Range (8 to 12 feet)
- Mid Range (12 to 18 feet)
- Long Range (15 to 25 Feet)

Notice that Mid Range and Long Range overlap a little bit. Some players should not practice shots outside of 15 feet, while others can shoot all the way to 25 feet.

**Variation:**

Day 1 – All shots from the right half of the court.

Day 2 – All shots from the left half of the court.

**To work on both pivots and hops:**

Day 1 – Pivots

Day 2 – Hops

## WORKOUT #6: PARTNER SHOOTING

This workout utilizes the [shooting drills found here](#).

	<u>Intermediate</u>	<u>Advanced</u>	<u>College / Pro</u>	
<b>Age:</b>	12 to 15	16 to 18	19 +	
Warm Up - Mikan Drill	30	30	30	
Wall Shooting or Line Shooting	20	20	20	
Grooves - 3 Different Angles	60	75	90	
<b>Free Throws</b>	<b>5</b>	<b>10</b>	<b>15</b>	
Wing to Wing - Left Side of Court	12	20	26	
<b>Free Throws</b>	<b>5</b>	<b>10</b>	<b>15</b>	
Wing to Wing - Right Side of Court	12	20	26	
<b>Free Throws</b>	<b>5</b>	<b>10</b>	<b>15</b>	
Reverse Shots	12	16	20	
<b>Free Throws</b>	<b>5</b>	<b>10</b>	<b>15</b>	
Reverse Shots	12	16	20	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Corner Screen - Left Side of Court	10	14	18	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Corner Screen - Right Side of Court	10	14	18	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Wing Screen - Left Side of Court	10	14	18	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Wing Screen - Right Side of Court	10	14	18	
<b>Free Throws</b>	<b>10</b>	<b>10</b>	<b>15</b>	
Quick Shot - Top	10	20	30	
Total Free Throws	70	100	150	
Approximate Shots	208	253	334	
Approximate Total Shots	278	353	484	

# WORKOUT #7: ALL AROUND SHOOTING

To give you some variety, here's a good all around shooting workout.

With this routine, you shoot several hundred shots, including free throws, shots off of the “catch,” and shots off of your dribble. The workout below is for advanced players (16-18 years old). Intermediate players can lower the number of reps and college/pro players can increase the rep.

## Form Shooting

Close to the basket. 25 Shots.

## Groove Shooting

8 ft from basket. 40 shots.

## Practice catching and shooting by stepping into the shot (pivoting)

Spin-flip the ball to yourself, as if you're catching a pass and shooting. Mix up shots from different angles and distances -- top of key, right elbow, left baseline, etc.

- Shoot 25, 8-foot jump shots, stepping in with left foot pivot.
- Shoot 25, 8-foot jump shots, stepping in with right foot pivot.
- Shoot 25, 12-foot jump shots, stepping in with left foot pivot.
- Shoot 25, 12-foot jump shots, stepping in with right foot pivot.
- Shoot 25, 16-foot jump shots, stepping in with left foot pivot.
- Shoot 25, 16-foot jump shots, stepping in with right foot pivot.
- Shoot 25, 18-foot jump shots, stepping in with left foot pivot.
- Shoot 25, 18-foot jump shots, stepping in with right foot pivot.

## Free throws

- Shoot 50 free throws.

## Practice shooting off the dribble

Instead of flipping the ball to yourself, you now take a couple of hard dribbles and pull up into your jump shot.

- Shoot 10, 8-foot jump shots, dribbling to the right.
- Shoot 10, 8-foot jump shots, dribbling to the left.
- Shoot 10, 12-foot jump shots, dribbling to the right.
- Shoot 10, 12-foot jump shots, dribbling to the left.
- Shoot 10, 18-foot jump shots, dribbling to the right.
- Shoot 10, 18-foot jump shots, dribbling to the left.

## Free throws

- Shoot 10 free throws.
- Shoot 10 random jump shots
- Shoot 10 free throws.

- Shoot 10 random jump shots
- Shoot 10 free throws.
- Shoot 10 random jump shots
- Shoot 10 free throws.
- Shoot 10 random jump shots

### **Ray Allen Shooting Drill**

To get the competitive juices flowing and have fun, finish the workout with the [Ray Allen Shooting Drill](#).