

Individual Game –Shots Workout

This workout should take about an hour to complete, depending on how well you are shooting. The focus is to simulate as many game-like shots as possible. But the most important thing about this workout is IT CAN BE DONE ALONE. It's not necessary to have a coach or a teammate there to rebound for you every day you want to workout. You can work on your game anytime & anywhere. Go to your local park or gym...and GET TO WORK.

5 Minute Warm-up: run along sideline, slide across the baseline, back-peddle along other sideline, slide across baseline (that's 1 lap); run along sideline, karaoke across baseline, back-peddle along sideline, karaoke across baseline (2nd lap). Do this for 5 minutes. Alternating each lap.

2-Ball Stationary Dribbling: Together high/low, Alternate high/low, V's front/high & low, V's side/high & low, Swivel high/low (30 seconds each high & low; 5 min total)

2-Ball Moving Sideline to Sideline: Together, Alternate, Crossover, Through the legs, Behind the back (do 3 sets)

1-Ball Dribbling Baseline to Baseline: Crossover, Through the legs, Behind the back, 2 back steps & crossover (1 set each)

10 FT's

Form shooting: make 20

Elbow series: for the next three shooting drills...start on the right elbow and dribble to the rim to finish with a lay-up, reverse lay-up or floater. Get the rebound, dribble to the left elbow, do same thing you did on the right side.

Elbows lay-up: make 10

Elbows reverse lay-up: make 10

Elbows floater: make 10

10 FT's

Pop Curl Fade series: start on the block, lob the ball to the elbow/wing/corner, run after the ball doing a curl/pop/fade, finish with a jump shot/pull-up/rip through pull-up

Pop Curl Fade shooting: make 5 each spot/left & right sides of court (30 total)

Pop Curl Fade 1 dribble pull-ups: make 5 each spot/left & right sides of court (30 total)

Pop Curl Fade Rip 1 dribble pull-ups: make 5 each spot/left & right sides of court (30 total)

Wing Pick & Roll: elbow jumpers, corner jumpers, 3-pointers (make 5 each spot; left & right wings)

10 FT's

Bonus Shots: If you have a full court to work with, you can do this drill to finish the workout. Must be executed at full game speed:

Full Court Pull-Ups: right wing, left wing, center (make 5 shots at each position, do a set of 2-pointers then a set of 3-pointers; a total of 30 makes) Do all right wing pull-ups, then left wing, then finish with center pull-ups. Alternate basket every shot.