

BFC BONUS #1



**10 "LOCKDOWN"
SHOOTING
WORKOUTS**

Introduction

WELCOME!

To help players keep working on their shooting stroke during the lockdown, I've put together 10 shooting workouts.

There are 5 "limited space" workouts, and 5 "half-court" workouts.

The limited space workouts are for players who have access to a basketball hoop, but only have a small space to work with. While the half-court workouts are for those who have a hoop and a bigger space available.

No matter what size space you have, I believe everyone can keep getting better with a little creativity.

Feel free to pick specific drills that work for you and create your own custom workouts.

HERE'S A QUICK LIST OF WHAT YOU'LL WORK ON:

- Form shooting
- Finishing at the hoop
- Midrange shooting
- Three-point shooting
- Free throws

We've got everything covered.

Get to work!

- Coach Mac

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Half Court Shooting Workouts

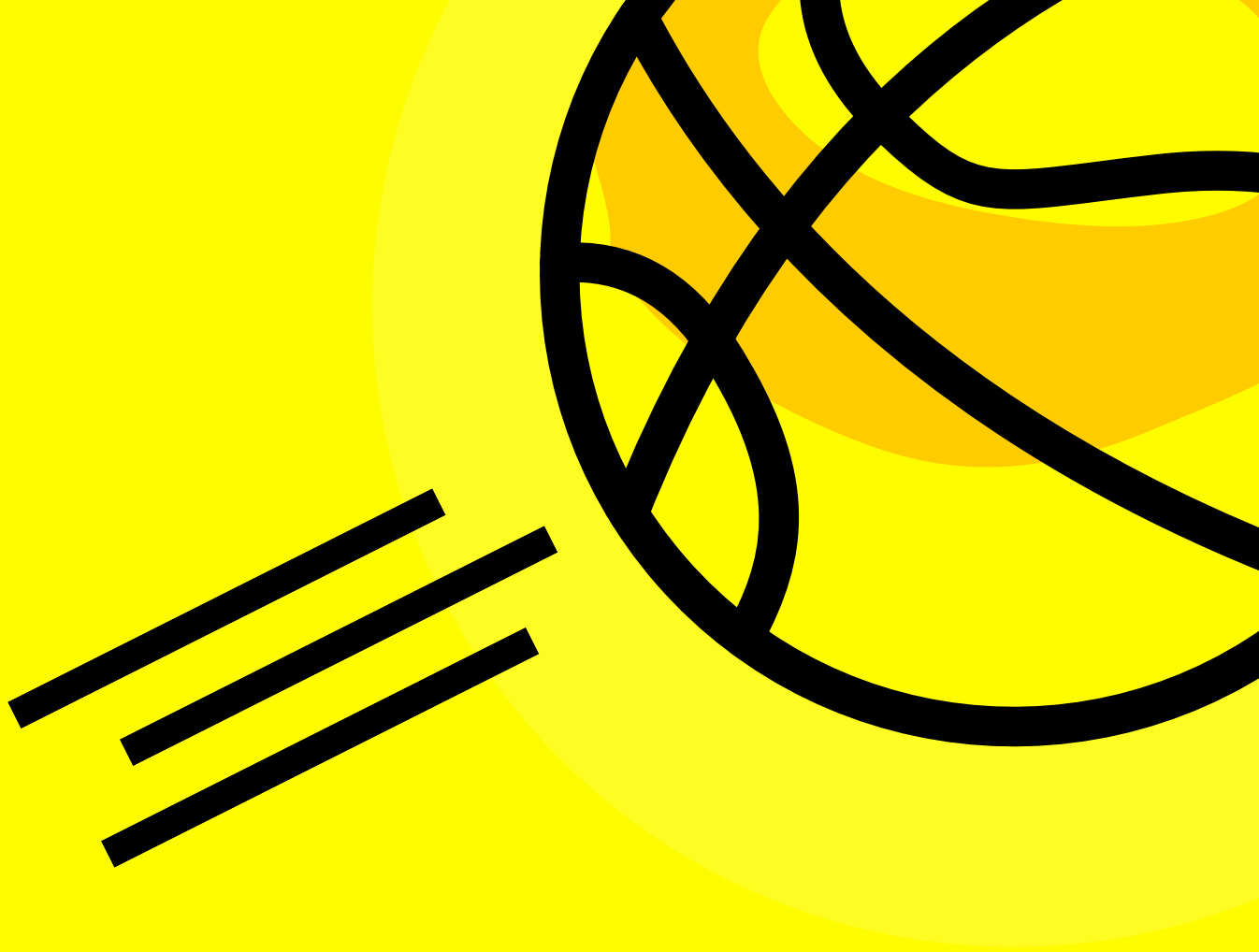
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LIMITED SPACE SHOOTING WORKOUTS

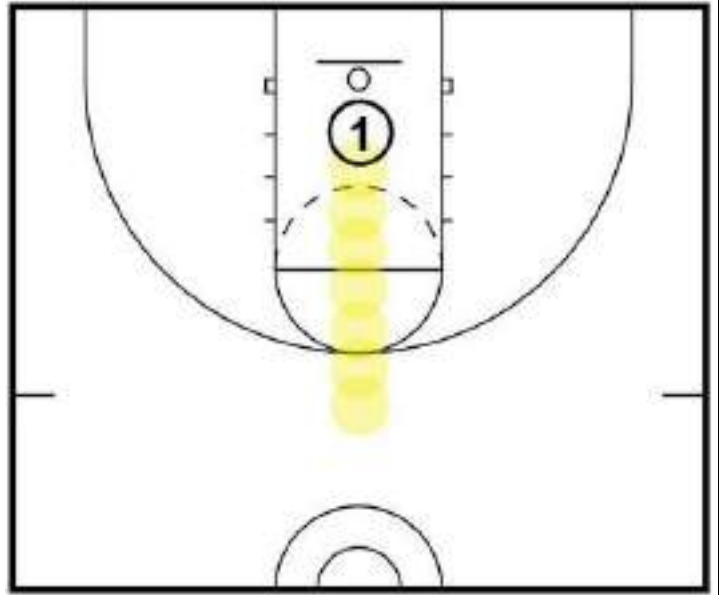
WORKOUT 1

WALKING FORM SHOOTING 2 MIN

Repeatedly shoot the basketball up in the air, walk a few steps to collect the basketball and repeat the process. Focus on your shooting form.

PROGRESSION FORM SHOOTING 15 MADE SHOTS

Begin this drill 3ft away from the basket. Every time you make a shot, you take one step back. Keep shooting and attempt to get as far away from the ring as possible. Every time you miss, you must start again from 3ft. Continue shooting until you've made 15 shots.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

ADVANCED LAYUP SERIES 50 MADE SHOTS



During the advanced layup series you must make 10 layups beginning from outside the three-point line at each of the 5 spots. The five spots are left corner, left wing, top of the key, right wing, right corner. Make sure you attack the basket!

The 5 layups you must make are:

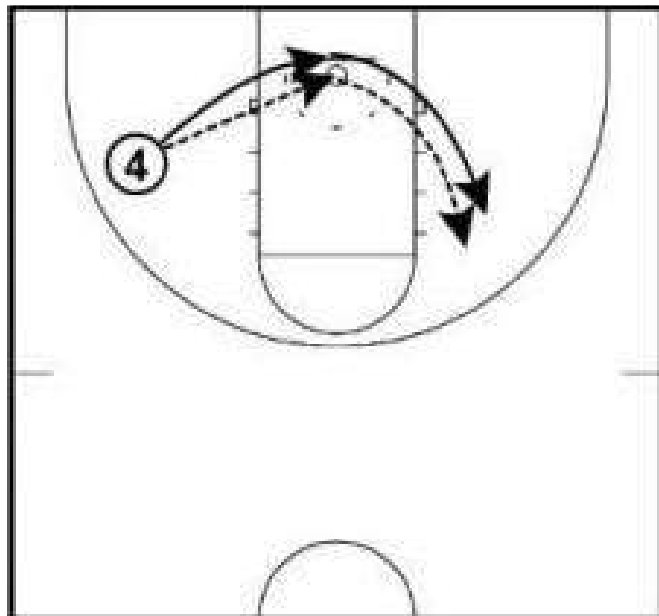
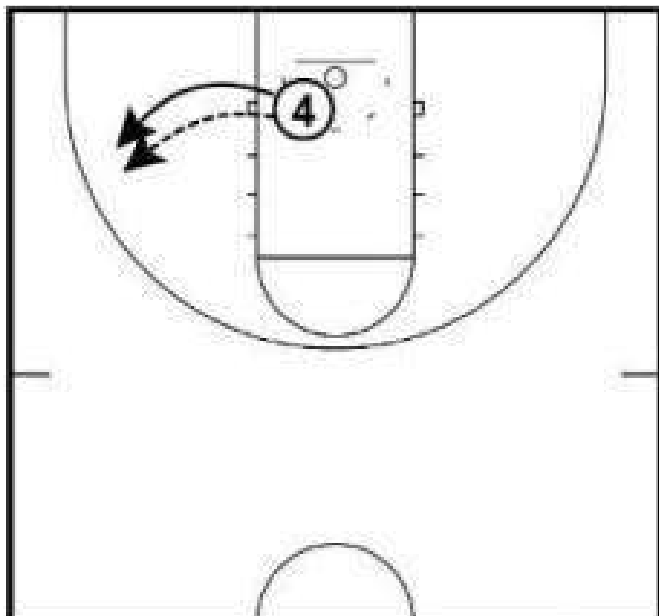
- Right-hand layup
- Left-hand layup
- Reverse layup
- Floater
- Euro step

FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

SPIN-BACK SHOOTING 10 MADE SHOTS

Repeatedly spin the basketball back to yourself and shoot from different, random spots at midrange until you've made 10 shots in total. On the catch, quickly move the basketball into your shot pocket, pivot correctly and set your feet ready to shoot immediately. Make sure you're performing the drill at game speed and with great form, footwork and balance on every shot.



PLUS/MINUS

Start shooting free-throws on 3 points – when you make a free-throw, you earn a point, and when you miss, you lose two points. The goal is to reach 10 points before falling to zero.

WORKOUT 1

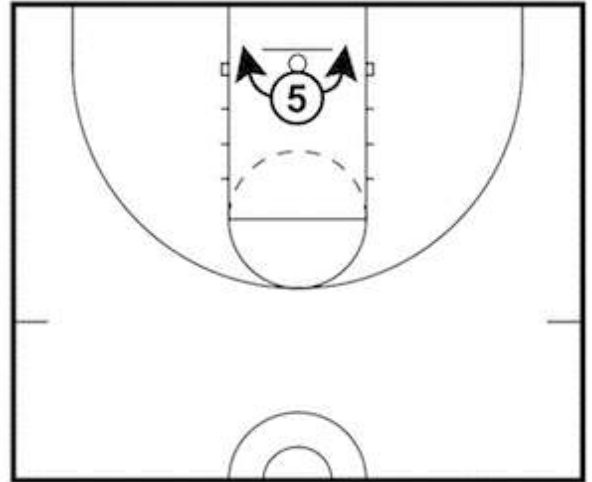
Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
Walking Form Shooting	2 min						
Progression Form Shooting	15	15/	15/	15/	15/	15/	15/
Free Throws	5	5/	5/	5/	5/	5/	5/
Advanced Layup Series	50	50/	50/	50/	50/	50/	50/
Free Throws	5	5/	5/	5/	5/	5/	5/
Spin-Back Shooting	10	10/	10/	10/	10/	10/	10/
Plus/Minus	-						

WORKOUT 2

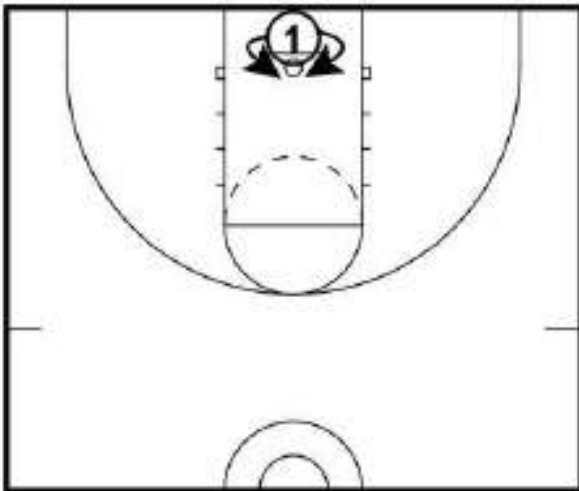
MIKAN LAYUPS 20 MADE SHOTS

Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues for the 20 made shots.



REVERSE MIKAN LAYUPS 20 MADE SHOTS

Stand under the basket with your back towards the baseline. Begin by shooting a layup with your right hand and then catch the basketball high as soon as the shot falls through the net. Immediately lay the ball up with your left hand on the other side. This continues for the 20 made shots.



FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.

MIDRANGE SHOOTING 25 MADE SHOTS

Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

ELBOW TO ELBOW 10 MADE SHOTS

Continuous jump shots swapping from elbow to elbow until you've made 10 shots.



FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.

TRIPLE DOUBLE MIDRANGE

There are 5 positions at midrange distance – left short corner, left wing, free-throw line, right wing, right short corner. Start in the left short corner. You need to make three shots from each of the 5 spots. Once you've done that, reverse back the other way, but you must make two shots in a row from each of the 5 spots to finish the drill.



WORKOUT 2

Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
Mikan Layups	20	20/	20/	20/	20/	20/	20/
Reverse Mikan Layups	20	20/	20/	20/	20/	20/	20/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Midrange Shooting	25	25/	25/	25/	25/	25/	25/
Free Throws	5	5/	5/	5/	5/	5/	5/
Elbow to Elbow	10	10/	10/	10/	10/	10/	10/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Triple Double	Midrange						

WORKOUT 3

FORM SHOOTING 3 FT 10 MADE SHOTS

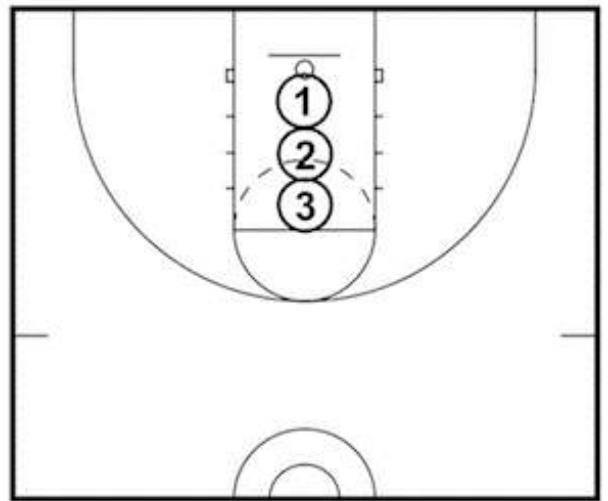
Make 10 shots shooting from 3ft away from the basket.

FORM SHOOTING 5 FT 5 MADE SHOTS

Make 5 shots shooting from 5ft away from the basket.

FORM SHOOTING 7 FT 5 MADE SHOTS

Make 5 shots shooting from 7ft away from the basket.



SPIN-BACK SHOOTING 10 MADE SHOTS

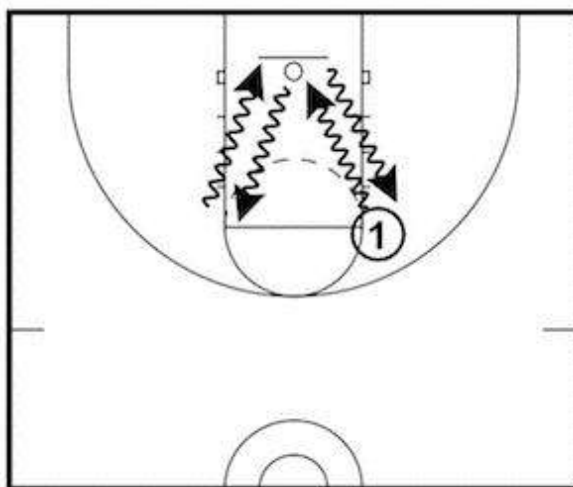
Repeatedly spin the basketball back to yourself and shoot from different, random spots at midrange until you've made 10 shots in total. On the catch, quickly move the basketball into your shot pocket, pivot correctly and set your feet ready to shoot immediately. Make sure you're performing the drill at game speed and with great form, footwork and balance on every shot.

FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

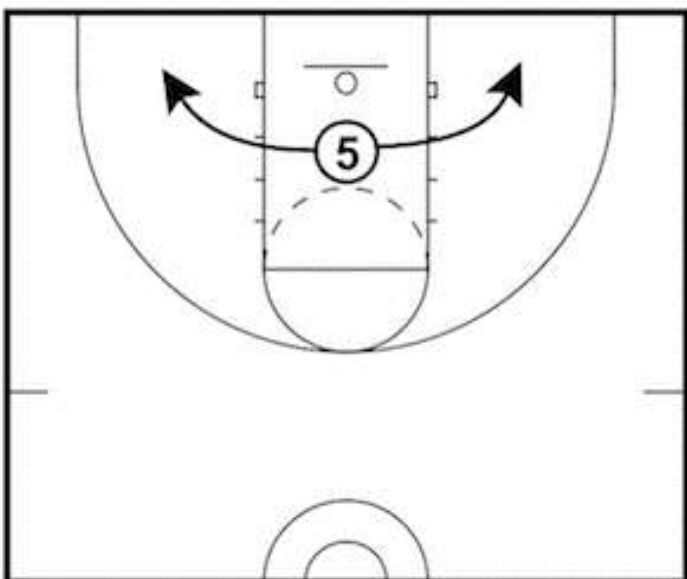
X-OUT LAYUPS - 10 MADE SHOTS

X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this until 10 made layups.



FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.



SHORT CORNER TO SHORT CORNER 10 MADE SHOTS

Continuous jump shots swapping from short corner to short corner until you've made 20 shots.

FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

RIGHT ELBOW POST MOVES 10 MADE SHOTS

From the right elbow, make 5 shots of each of the following moves:

- Shot fake, 1-dribble layup
- Shot fake, 1-dribble spin layup



LEFT ELBOW POST MOVES 10 MADE SHOTS

From the left elbow, make 5 shots of each of the following moves:

- Shot fake, 1-dribble layup
- Shot fake, 1-dribble spin layup

FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.

BEAT MICHAEL JORDAN MIDRANGE SHOOTING

Compete against Michael Jordan in midrange shooting. You can take the midrange shots from anywhere on the floor. Begin the challenge on 10 points. For every made shot, you add one point to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

WORKOUT 3

Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
Form Shooting 3ft	10	10/	10/	10/	10/	10/	10/
Form Shooting 5ft	5	5/	5/	5/	5/	5/	5/
Form Shooting 7ft	5	5/	5/	5/	5/	5/	5/
Spin-Back Shooting	10	10/	10/	10/	10/	10/	10/
Free Throws	5	5/	5/	5/	5/	5/	5/
X-Out Layups	10	10/	10/	10/	10/	10/	10/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Short Corner to Short Corner	10	10/	10/	10/	10/	10/	10/
Free Throws	5	5/	5/	5/	5/	5/	5/
Right Elbow Post Moves	10	10/	10/	10/	10/	10/	10/
Left Elbow Post Moves	10	10/	10/	10/	10/	10/	10/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Beat Michael Jordan	Midrange						

WORKOUT 4

X-OUT FLOATERS 10 MADE SHOTS

X-out floaters works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed floater. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed floater, then they rebound and dribble out to the right elbow again. Continue this until 10 made floaters.

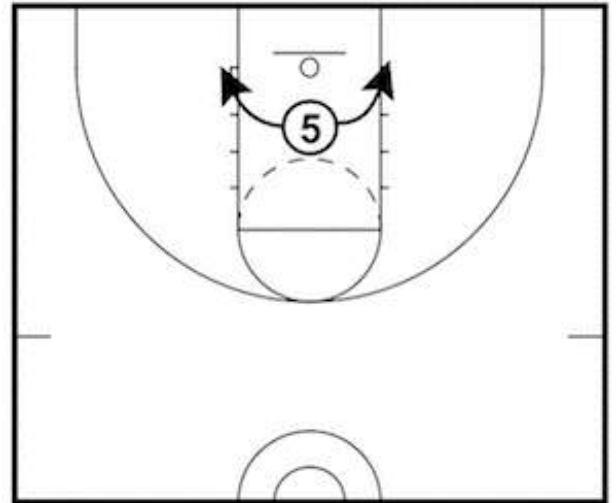


FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

BLOCK TO BLOCK 10 MADE SHOTS

Continuous jump shots swapping from block to block until you've made 10 shots.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

ELBOW TO ELBOW 10 MADE SHOTS

Continuous jump shots swapping from elbow to elbow until you've made 10 shots.



FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.

MIDRANGE SHOOTING 25 MADE SHOTS

Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.



1-DRIBBLE PULL-UP 25 MADE SHOTS

Starting in the left short corner, make 5 midrange shots at each of the 5 spots: left short corner, left wing, free-throw line, right wing, right short corner.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

BEAT CHRIS PAUL FLOATERS

Compete against Chris Paul shooting floater layups. For every shot, you must begin outside the three-point line and then drive hard to the basket before pulling up for the floater. Begin the challenge on 10 points. For every made shot, you add one point to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.



WORKOUT 4

Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
X-Out Floaters	10	10/	10/	10/	10/	10/	10/
Free Throws	5	5/	5/	5/	5/	5/	5/
Block to Block	10	10/	10/	10/	10/	10/	10/
Free Throws	5	5/	5/	5/	5/	5/	5/
Elbow to Elbow	10	10/	10/	10/	10/	10/	10/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Midrange Shooting	25	25/	25/	25/	25/	25/	25/
1-Dribble Pull-Up	25	25/	25/	25/	25/	25/	25/
Free Throws	5	5/	5/	5/	5/	5/	5/
Beat Chris Paul	Floaters						

WORKOUT 5

2-MINUTE FLOATERS

2 MIN

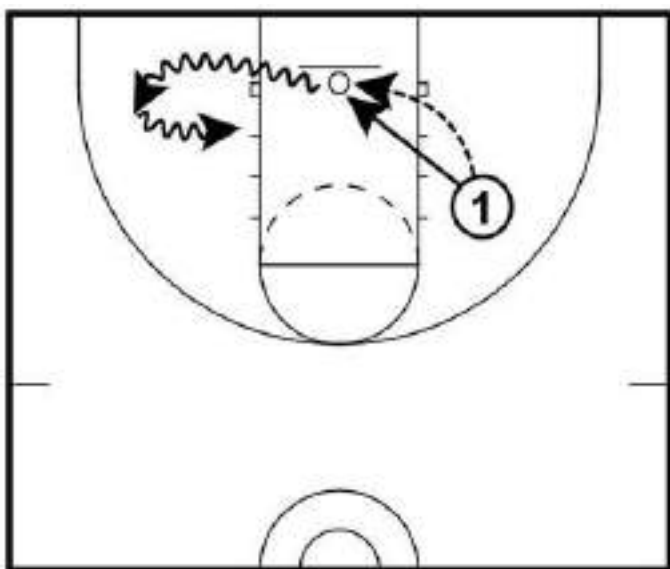
Attack the rim repeatedly for 2 minutes finishing with a floater. On each drive, start from a different, random position, so that the distance and angle of the shot will vary. Make sure you're releasing the ball high into the air to get over a defender's hand. For advanced players, practice using your weak hand to finish.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

FAKE SERIES 40 SHOTS



During the fake series, after each shot you will rebound the basketball and then dribble to a random spot at midrange distance before spinning the basketball back to yourself and getting in triple threat position. From triple threat, make 5 shots using each of the following moves:

- Shot fake, drive
- Jab step, drive
- Shot fake, 1-dribble shot
- Jab step, 1-dribble shot
- Shot fake, 2-dribble shot
- Jab step, 2-dribble shot
- Shot fake, shoot
- Jab step, shoot

FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.



RIGHT LOW POST 20 MADE SHOTS

From the right low post, make 5 shots using each of the following low-post moves:

- Drop step
- Jump hook
- Fade-away
- Up-and-under

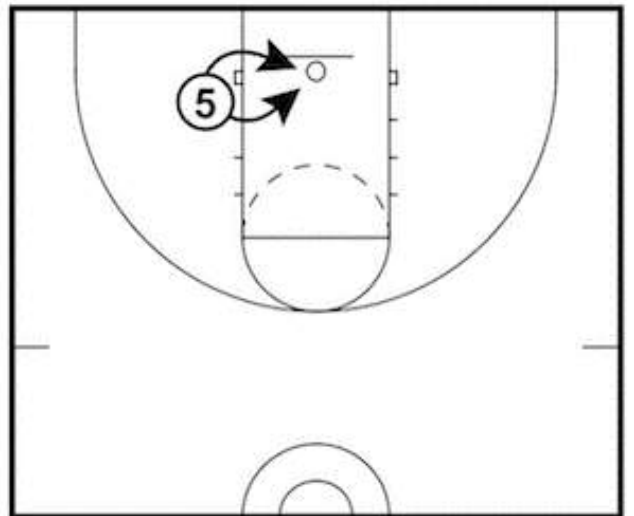
FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

LEFT LOW POST 20 MADE SHOTS

From the left low post, make 5 shots using each of the following low-post moves:

- Drop step
- Jump hook
- Fade-away
- Up-and-under



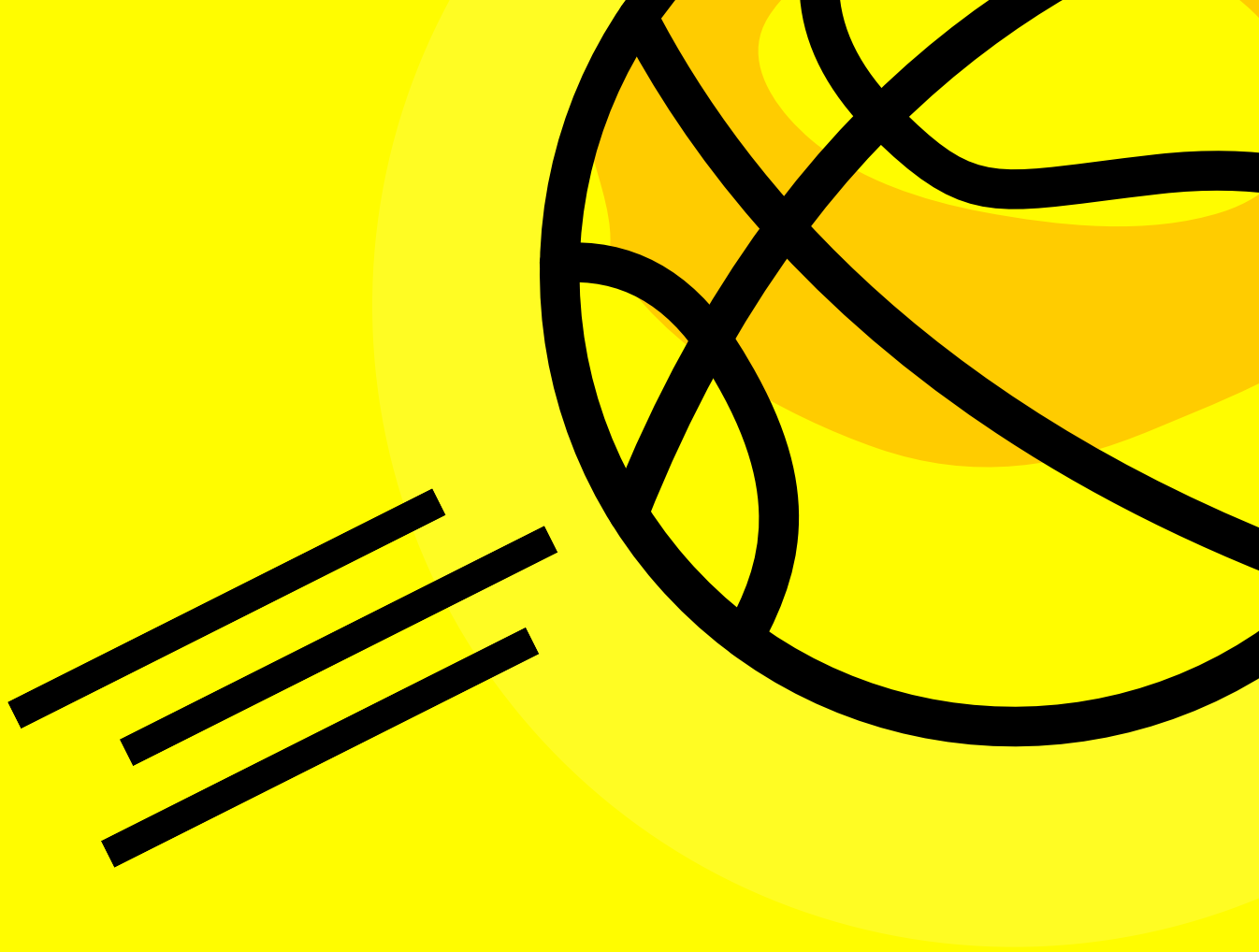
BEAT JAMAL CRAWFORD FREE-THROW SHOOTING

Compete against Jamal Crawford shooting free throws. Make sure you use your full routine every time you step to the free-throw line. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

WORKOUT 5

Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
2-Minute Floaters	2 min						
Free Throws	5	5/	5/	5/	5/	5/	5/
Fake Series	40	40/	40/	40/	40/	40/	40/
Free Throws	5	5/	5/	5/	5/	5/	5/
Right Low Post	20	20/	20/	20/	20/	20/	20/
Free Throws	5	5/	5/	5/	5/	5/	5/
Left Low Post	20	20/	20/	20/	20/	20/	20/
Beat Jamal Crawford	Free-Throw Shooting						



HALF COURT SHOOTING WORKOUTS

WORKOUT 1

X-OUT LAYUPS - 10 MADE SHOTS

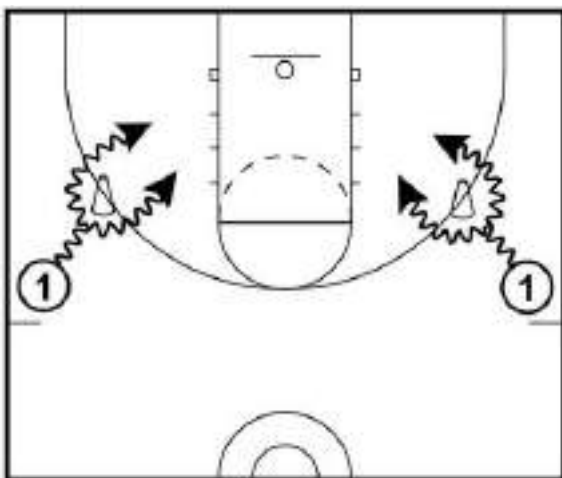
X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this until 10 made layups.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

CHAIR ATTACK SERIES 48 MADE SHOTS



Begin this drill by placing a chair or cone on each wing at the three-point line. The player will then attack one of the chairs off the dribble by performing a move that will lead into a layup or a jump shot. Each time they rebound the basketball, they then dribble out to the other side and attack the chair on the opposite wing. You must make the following moves:

- In-and-out, drive x 8
- In-and-out, jump shot x 4
- Crossover, drive x 8
- Crossover, jump shot x 4
- Through-the-legs, drive x 8
- Through-the-legs, jump shot x 4
- Behind-the-back, drive x 8
- Behind-the-back
- Jump shot x 4

FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

THREE-POINT SHOOTING 15 MADE SHOTS

Starting in the left corner, make 3 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

BEAT KEVIN DURANT 1-DRIBBLE JUMP SHOTS

Compete against Kevin Durant shooting 1-dribble jump shots. Begin each shot behind the three-point line before taking 1 long dribble and pulling up for the shot. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.



WORKOUT 1

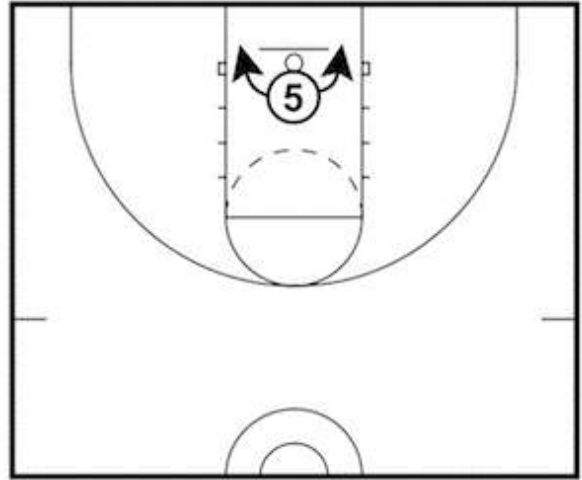
Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
X-Out Layups	10	10/	10/	10/	10/	10/	10/
Free Throws	5	5/	5/	5/	5/	5/	5/
Chair Attack Series	48	48/	48/	48/	48/	48/	48/
Free Throws	5	5/	5/	5/	5/	5/	5/
Three-Point Shooting	15	15/	15/	15/	15/	15/	15/
Free Throws	5	5/	5/	5/	5/	5/	5/
Beat Kevin Durant	1-Dribble Jump Shots						

WORKOUT 2

MIKAN LAYUPS 20 MADE SHOTS

Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues for the 20 made shots.



FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.

ELBOW TO ELBOW 10 MADE SHOTS

Continuous jump shots swapping from elbow to elbow until you've made 10 shots.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

MIDRANGE SHOOTING - LEFT WING TO RIGHT WING 10 MADE SHOTS

Switch between the left wing and right wing after each shot. Continue shooting until you've made 10 shots.



**FREE THROWS
2 MADE SHOTS
IN A ROW**

Using your complete free-throw routine, make 2 free-throws in a row.

**PERFECTS
25 PERFECT SWISHES**

Start 3 feet away from the basket and shoot until you've made 10 perfect swishes. From 5 feet away, shoot until you've made 7 swishes, 10 feet away – 5 swishes, and 15 feet away (free-throw line) 3 perfect swishes to complete the drill.



**FREE THROWS
5 MADE SHOTS**

Using your complete free-throw routine, make 5 free throws.

**BEAT STEPH
CURRY
THREE-POINT
SHOOTING**

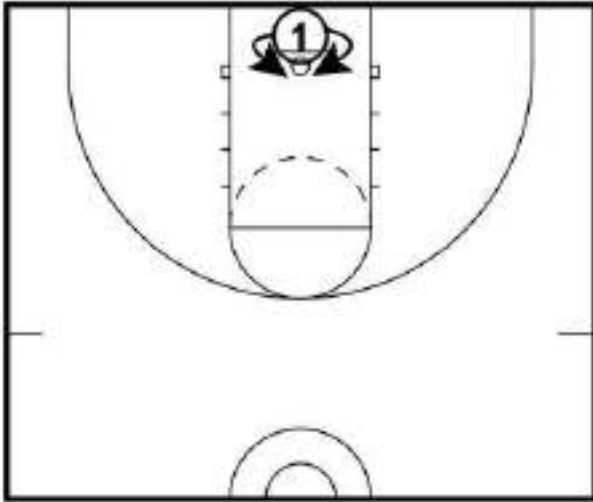
Compete against Steph Curry in three-point shooting. You can take the three-point shots from anywhere behind the three-point line. Begin the challenge on 10 points. For every made shot, you add three points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

WORKOUT 2

Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
Mikan Layups	20	20/	20/	20/	20/	20/	20/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Elbow to Elbow	10	10/	10/	10/	10/	10/	10/
Free Throws	5	5/	5/	5/	5/	5/	5/
Midrange Shooting Left Wing to Right Wing	10	10/	10/	10/	10/	10/	10/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Perfects	25 Perfect Swishes	25/	25/	25/	25/	25/	25/
Free Throws	5	5/	5/	5/	5/	5/	5/
Beat Steph Curry	Three-Point Shooting						

WORKOUT 3

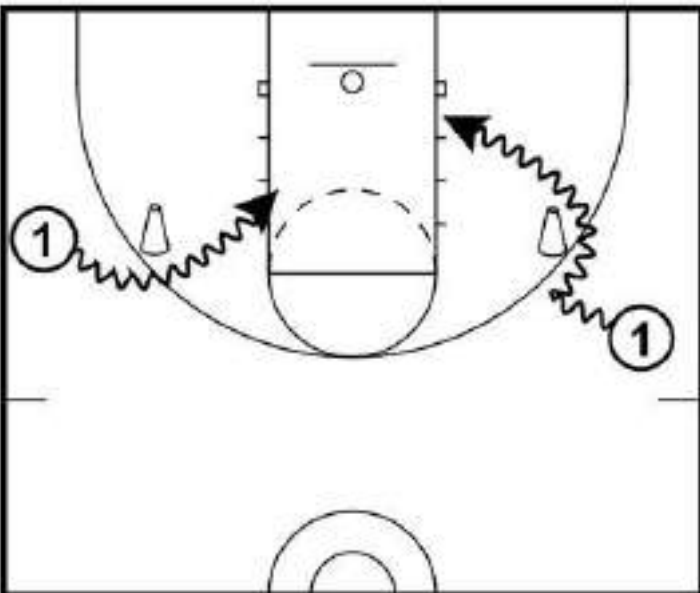


REVERSE MIKAN LAYUPS 20 MADE SHOTS

Stand under the basket with your back towards the baseline. Begin by shooting a layup with your right hand and then catch the basketball high as soon as the shot falls through the net. Immediately lay the ball up with your left hand on the other side. This continues for the 20 made shots.

FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.



PICK AND ROLL SERIES 28 MADE SHOTS

Start by placing 1 chair on each wing. Switching sides after each shot, perform the following moves off the pick and roll for the set amount of made shots:

- Drive to the basket - 8 makes
- 2-dribble pull-up - 8 makes
- Step back, three-point shot - 4 makes
- Deny screen, drive - 8 makes

FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

THREE-POINT SHOOTING - LEFT WING TO RIGHT WING 10 MADE SHOTS

Switch between the left wing and right wing after each shot. Continue shooting until you've made 10 shots.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

ELBOW PULL-UPS 20 MADE SHOTS

Start at the top of the key with a basketball, and take one or two dribbles to one of the elbows and raise up for a shot. Alternate between the two elbows until you've made a total of 20 shots.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

BEAT RUSSEL WESTBROOK 2-DRIBBLE JUMP SHOTS

Compete against Russell Westbrook shooting 2-dribble jump shots. Begin each shot behind the three-point line before taking 2 long dribbles and pulling up for the shot. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

RIGHT ELBOW POST MOVES 10 MADE SHOTS

From the right elbow, make 5 shots of each of the following moves:

- Shot fake, 1-dribble layup
- Shot fake, 1-dribble spin layup



LEFT ELBOW POST MOVES 10 MADE SHOTS

From the left elbow, make 5 shots of each of the following moves:

- Shot fake, 1-dribble layup
- Shot fake, 1-dribble spin layup

FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.

BEAT MICHAEL JORDAN MIDRANGE SHOOTING

Compete against Michael Jordan in midrange shooting. You can take the midrange shots from anywhere on the floor. Begin the challenge on 10 points. For every made shot, you add one point to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

WORKOUT 3

Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
Reverse Mikan Layups	20	20/	20/	20/	20/	20/	20/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Pick and Roll Series	28	28/	28/	28/	28/	28/	28/
Free Throws	5	5/	5/	5/	5/	5/	5/
Three-Point Shooting Left Wing to Right Wing	10	10/	10/	10/	10/	10/	10/
Free Throws	5	5/	5/	5/	5/	5/	5/
Elbow Pull-Ups	20	20/	20/	20/	20/	20/	20/
Free Throws	5	5/	5/	5/	5/	5/	5/
Beat Russell Westbrook	2-Dribble Jump Shots						

WORKOUT 4

FLOATERS 20 MADE SHOTS

Attack the rim repeatedly and finish with a floater until you've made 20 floaters. On each drive, start from a different, random position, so that the distance and angle of the shot will vary. Make sure you're releasing the ball high into the air to get over a defender's hand. For advanced players, practice using your weak hand to finish.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

THREE-POINT SHOOTING 25 MADE SHOTS

Starting in the left corner, make 3 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

BLOCK TO BLOCK 10 MADE SHOTS

Continuous jump shots swapping from block to block until you've made 10 shots.

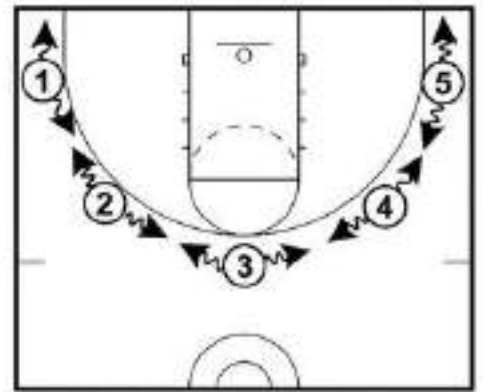


FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.

FLY-BY SHOOTING 5X3 MADE SHOTS

Staying behind the three-point line, perform a pump fake and take one dribble to the left or right to raise up for a three-point shot. You need to make three shots from each of five spots around the perimeter. This drill works on side-stepping the defender sprinting out and leaping to block or distract the shooter, in order to create an open 3-point shot.

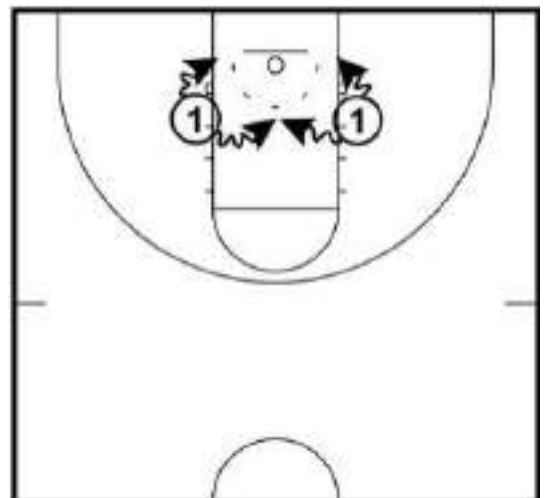


FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

BEAT TIM DUNCAN POST HOOK SHOTS

Compete against Tim Duncan in the post shooting hook shots. Switching blocks after each shot, shoot hook shots from both block with your right and left hand. Begin the challenge on 10 points. For every made shot, you add one point to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.



WORKOUT 4

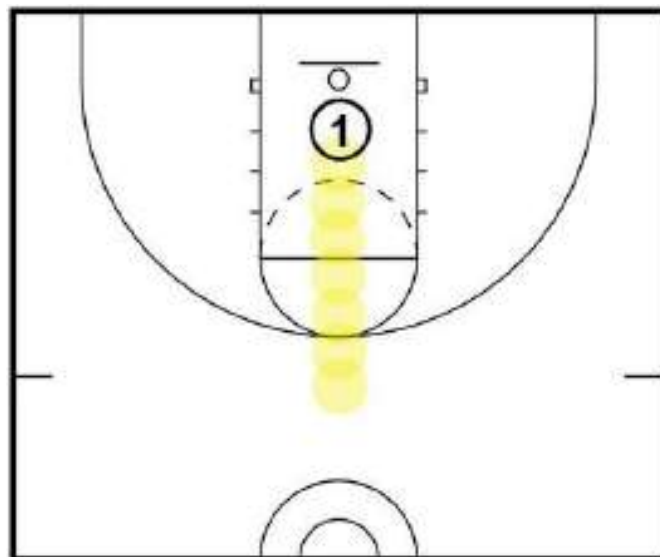
Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
Floater	20	20/	20/	20/	20/	20/	20/
Free Throws	5	5/	5/	5/	5/	5/	5/
Three-Point Shooting	25	25/	25/	25/	25/	25/	25/
Free Throws	5	5/	5/	5/	5/	5/	5/
Block to Block	10	10/	10/	10/	10/	10/	10/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Fly-By Shooting	5 x 3	5x3/	5x3/	5x3/	5x3/	5x3/	5x3/
Free Throws	5	5/	5/	5/	5/	5/	5/
Beat Tim Duncan	Post Hook Shots						

WORKOUT 5

PROGRESSION FORM SHOOTING 15 MADE SHOTS

Begin this drill 3ft away from the basket. Every time you make a shot, you take one step back. Keep shooting and attempt to get as far away from the ring as possible. Every time you miss, you must start again from 3ft. Continue shooting until you've made 15 shots.



FREE THROWS 2 MADE SHOTS IN A ROW

Using your complete free-throw routine, make 2 free-throws in a row.

MIDRANGE SHOOTING 25 MADE SHOTS

Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.



FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.

THREE-POINT SHOOTING 5 MADE SHOTS

Shoot as many three-pointers as you can in 3 minutes. Make sure to add up your total made shots in this time and write it down.

FREE THROWS 5 MADE SHOTS

Using your complete free-throw routine, make 5 free throws.



TRIANGLE SHOOTING 15 MADE SHOTS

Take three different shots from 5 spots on the floor – left one-dribble pull-up, right one-dribble pull-up, and catch and shoot 3-point shot. The five spots around the perimeter are left corner, left wing, top of the key, right wing, and right corner. You must make 3 shots from this position before moving on to the next one.

PLUS/MINUS

Start shooting free-throws on 3 points – when you make a free-throw, you earn a point, and when you miss, you lose two points. The goal is to reach 10 points before falling to zero.

WORKOUT 5

Track your progress

DRILLS	Made Shots	Date	Date	Date	Date	Date	Date
Progression Form Shooting	15	15/	15/	15/	15/	15/	15/
Free Throws	2 in a row	2/	2/	2/	2/	2/	2/
Midrange Shooting	25	25/	25/	25/	25/	25/	25/
Free Throws	5	5/	5/	5/	5/	5/	5/
Three-Point Shooting	3 min						
Free Throws	5	5/	5/	5/	5/	5/	5/
Triangle Shooting	15	15/	15/	15/	15/	15/	15/
Plus/Minus	-						