

Shooting Workout

Shots	Drill	Notes
10	10-7-5-3	Make 10-7-4 in a row from each spot with one hand before you move on!
10	Free Throws	
50	Catch & Shoot (12-17 ft)	
10	Free Throws	
50	One Dribble Pull-Ups	Start beyond 3pt line & Use Jab series to creat 1-dribble situation
10	Free Throws	
100	Catch & Shoot (3's)	
10	Free Throws	
50	Pull Back 3's (aka step back)	
10	Free Throws	
50	NBA 3's	This is done to strengthen your shot! Concentrate on keepin proper form!
10	Free Throws	
100	3's	
30	Free Throws	
500		

If you have a GUN (shooting machine) this workout can be done in 30-45! If not, you will need a partner and you must work hard to get it done in 90 minutes! Really concentrate on your form!!!! Practice does not make perfect it makes permanent! Practice good shooting habits! Keep your elbow in and shoot the ball up and let it fall into the hoop! Make sure you are not using your off hand! It is called the guide hand because it guides the ball from the floor to your pocket and that is it! I believe in Tom Norland's Swish Method! Give it a try!