

# 3 Individual *Shooting* *Workouts*



C O A C H M A C

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# Kids Shooting Workout #1

*"I thought I was done after practice. The USA guys taught me that after practice I need to work on my game." - Anthony Davis*

Drill	Made Shots	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /
Form Shooting: 5ft	5	5 /	5 /	5 /	5 /	5 /
Form Shooting: 7ft	5	5 /	5 /	5 /	5 /	5 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /
X-Out Layups	10	10 /	10 /	10 /	10 /	10 /
Layup Series: Left Corner	6	6 /	6 /	6 /	6 /	6 /
Layup Series: Left Wing	6	6 /	6 /	6 /	6 /	6 /
Layup Series: Top of Key	6	6 /	6 /	6 /	6 /	6 /
Layup Series: Right Wing	6	6 /	6 /	6 /	6 /	6 /
Layup Series: Right Corner	6	6 /	6 /	6 /	6 /	6 /
Beat Jamal Crawford. Free Throw Shooting (+2 for a make, -1 for a miss)	Start on 10. 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
Midrange Shots: Left Corner	3	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Left Wing	3	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Left Elbow	3	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Free Throw Line	3	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Right Elbow	3	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Right Wing	3	3 /	3 /	3 /	3 /	3 /

<b>Drill</b>	<b>Made Shots</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
<b>Midrange Shots: Right Corner</b>	<b>3</b>	3 /	3 /	3 /	3 /	3 /
<b>Beat Jamal Crawford. Free Throw Shooting (+2 for a make, -1 for a miss)</b>	<b>Start on 10. 20 = Win 0 = Lose</b>	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
<b>TOTAL:</b>	<b>83 Made Shots</b>	83 /	83 /	83 /	83 /	83 /

**Shooting Workout created by Coach Mac from [www.basketballforcoaches.com](http://www.basketballforcoaches.com)**

# Fun For Kids #1 Workout Instructions

**Overview:** The fun for kid's workouts are created for players still learning the game that aren't capable of shooting from outside of midrange yet. With only 83 made shots, it's a fun and quick workout for any young kid that loves basketball!

## **You Will Need:**

- One basketball

## **Workout Instructions:**

**Form Shooting 3ft — 10 Made Shots** — Make 10 shots shooting from 3ft away from the basket.

**Form Shooting 5ft — 5 Made Shots** — Make 5 shots shooting from 5ft away from the basket.

**Form Shooting 7ft — 5 Made Shots** — Make 5 shots shooting from 7ft away from the basket.

**Free Throws — 2 Made Shots** — Using your complete free-throw routine, make 2 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.

**Layup Series — 30 Made Shots** — During the layup series you must make 6 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 6 layups you must make are:

- Right-hand layup x2
- Left-hand layup x2
- Floater x2

**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.

**Midrange Shooting — 21 Made Shots** — Starting in the left corner, make 3 shots at each of the 7 spots from midrange distance. The seven spots are left corner, left wing, left elbow, top of the key, right elbow, right wing, right corner.

**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.

# Advanced Guard Shooting Workout

*"No matter how many shots you miss, you gotta always have the confidence that the next one is going in." - Steph Curry*

Drill	Made Shots	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /
Form Shooting: 5ft	5	5 /	5 /	5 /	5 /	5 /
Form Shooting: 7ft	5	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Corner to Elbow	10	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Elbow to Elbow	10	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Elbow to Corner	10	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Corner to Wing	5	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Wing to Wing	5	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Wing to Corner	5	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /
PnR Left Wing: 2-Dribble Jump Shots	7	7 /	7 /	7 /	7 /	7 /
PnR Top of Key: 2-Dribble Jump Shots	7	7 /	7 /	7 /	7 /	7 /
PnR Right Wing: 2-Dribble Jump Shots	7	7 /	7 /	7 /	7 /	7 /
PnR Left Wing: Step Back Three	5	5 /	5 /	5 /	5 /	5 /
PnR Top of Key: Step Back Three	5	5 /	5 /	5 /	5 /	5 /

<b>Drill</b>	<b>Made Shots</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
<b>PnR Right Wing: Step Back Three</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>PnR Left Wing: Drive and Finish</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>PnR Top of Key: Drive and Finish</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>PnR Right Wing: Drive and Finish</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>Free Throws</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Advanced Layup Series x2: Left Corner</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>Advanced Layup Series x2: Left Wing</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>Advanced Layup Series x2: Top of Key</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>Advanced Layup Series x2: Right Wing</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>Advanced Layup Series x2: Right Corner</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>Free Throws</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Three-Point Shots: Left Corner</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Three-Point Shots: Left Wing</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Three-Point Shots: Top of Key</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Three-Point Shots: Right Wing</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Three-Point Shots: Right Corner</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Free Throws</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Transition Pull-Up: Left Elbow</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>Transition Pull-Up: Right Elbow</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /

<b>Drill</b>	<b>Made Shots</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
<b>Transition Threes: Left Wing</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Transition Threes: Top of Key</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Transition Threes: Right Wing</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /
<b>Free Throws</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /
<b>TOTAL:</b>	<b>281 Made Shots</b>	281 /	281 /	281 /	281 /	281 /

**Shooting workout created by Coach Mac from [www.basketballforcoaches.com](http://www.basketballforcoaches.com)**



## Advanced Guard Workout Instructions

**Overview:** The Advanced Guard Workout is a tough workout consisting of 281 made shots that focus on scoring out of the pick-and-roll, different ways of finishing at the basket, and outside shooting. This is a great workout for all advanced guards.

### **You Will Need:**

- One basketball

### **Workout Instructions:**

**Form Shooting 3ft — 10 Made Shots** — Make 10 shots shooting from 3ft away from the basket.

**Form Shooting 5ft — 5 Made Shots** — Make 5 shots shooting from 5ft away from the basket.

**Form Shooting 7ft — 5 Made Shots** — Make 5 shots shooting from 7ft away from the basket.

**Free Throws — 5 Made Shots** — Using your complete free-throw routine, make 5 free-throws.

**Midrange Shooting — 30 Made Shots** — In this drill you will perform 3 different sets of movements. You will have two points and you must keep switching between them and make 10 shots during each set.

- Set 1: Left corner to left elbow - 10 made shots.
- Set 2: Elbow to Elbow - 10 made shots.
- Set 3: Right corner to right elbow - 10 made shots.

**Free Throws — 5 Made Shots** — Using your complete free-throw routine, make 5 free-throws.

**Three-Point Shooting — 15 Made Shots** — In this drill you will perform 3 different sets of movements. You will have two points and you must keep switching between them and make 5 shots during each set.

- Set 1: Left corner to left wing - 5 made shots.
- Set 2: Left wing to right wing - 5 made shots.
- Set 3: Right corner to right wing - 5 made shots.

**Free Throws — 5 Made Shots** — Using your complete free-throw routine, make 5 free-throws.

**Pick and Roll Series — 66 Made Shots** — During the pick and roll series you will make 22 shots from 3 different spots on the floor. The left wing, top of the key, and the right wing. You must make the following shots at each of the 3 spots.

- 2-dribble jump shot x 7
- Step back three-pointer x 5
- Drive and finish x 10

**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.

**Three-Point Shooting — 25 Made Shots** — Starting in the left corner, make 5 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.

**Transition Pull-Ups from the Elbows — 20 Made Shots** — Starting at half-court, dribble towards the basket at game-speed and make 10 pull-up shots from the right elbow and 10 pull-up shots from the left elbow.

**Transition Three-Point Pull-Ups — 15 Made Shots** — Starting at half-court, dribble towards the basket at game-speed and make 5 pull-up shots from the right wing, top of the key, and left wing for a total of 15 made shots.

**Free Throws — 10 Made Shots** — Using your complete free-throw routine, make 10 free-throws.

# Three-Point Specialist Shooting Workout

*"My confidence in games comes from my preparation every day in practice and shoot arounds. It's all about being prepared." - Ray Allen*

Drill	Made Shots	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /
Form Shooting: 5ft	10	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /
Midrange Shots	20	20 /	20 /	20 /	20 /	20 /
Three-Point Shots: Left Corner	5	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Left Wing	5	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Top of Key	5	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Right Wing	5	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Right Corner	5	5 /	5 /	5 /	5 /	5 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /
Three-Point Shots: Corner to Corner	10	10 /	10 /	10 /	10 /	10 /
Three-Point Shots: Wing to Wing	10	10 /	10 /	10 /	10 /	10 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /
Shot Fake, 1-Dribble Three-Pointer: Left Corner	5	5 /	5 /	5 /	5 /	5 /
Shot Fake, 1-Dribble Three-Pointer: Left Wing	5	5 /	5 /	5 /	5 /	5 /
Shot Fake, 1-Dribble Three-Pointer: Top of the Key	5	5 /	5 /	5 /	5 /	5 /

Drill	Made Shots	Date:	Date:	Date:	Date:	Date:
Shot Fake, 1-Dribble Three- Pointer: Right Wing	5	5 /	5 /	5 /	5 /	5 /
Shot Fake, 1-Dribble Three- Pointer: Right Corner	5	5 /	5 /	5 /	5 /	5 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /
Transition Three- Pointer: Left Wing	5	5 /	5 /	5 /	5 /	5 /
Transition Three- Pointer: Top of Key	5	5 /	5 /	5 /	5 /	5 /
Transition Three- Pointer: Right Wing	5	5 /	5 /	5 /	5 /	5 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /
Deep Three- Pointer: Left Wing	5	5 /	5 /	5 /	5 /	5 /
Deep Three- Pointer: Top of Key	5	5 /	5 /	5 /	5 /	5 /
Deep Three- Pointer: Right Wing	5	5 /	5 /	5 /	5 /	5 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /
<b>TOTAL:</b>	<b>163 Made Shots</b>	163 /	163 /	163 /	163 /	163 /

Shooting workout created by Coach Mac from [www.basketballforcoaches.com](http://www.basketballforcoaches.com)

## Three-Point Specialist Workout Instructions

**Overview:** The Three-Point Bomber workout is for players committed to becoming great three-point shooters. The workout consists of 163 made shots including a variety of ways to score from beyond the three-point line.

### **You Will Need:**

- One basketball

### **Workout Instructions:**

**Form Shooting 3ft — 10 Made Shots** — Make 10 shots shooting from 3ft away from the basket.

**Form Shooting 5ft — 10 Made Shots** — Make 10 shots shooting from 5ft away from the basket.

**Free Throws — 5 Made Shots** — Using your complete free-throw routine, make 5 free-throws.

**Midrange Shooting — 20 Made Shots** — Shoot midrange shots from anywhere on the floor until you reach 20 made shots.

**Three-Point Shooting — 25 Made Shots** — Starting in the left corner, make 5 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 — 2 Made Shots** — Using your complete free-throw routine, make 2 free-throws.

**Three-Point Shooting — Left Corner to Right Corner — 10 Made Shots** — Switch between the left corner and right corner after each shot. Continue shooting until you've made 10 shots.

**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 — 2 Made Shots** — Using your complete free-throw routine, make 2 free-throws.

**Shot Fake, 1-Dribble, Three-Point Shooting — 25 Made Shots** — For this drill players must shot fake, take 1 dribble to the left or right making sure to stay behind the three-point arc, and then shoot the three-point shot. Starting in the left corner, make 5 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 — 2 Made Shots** — Using your complete free-throw routine, make 2 free-throws.

**Transition Three-Point Pull-Ups — 15 Made Shots** — Starting at half-court, dribble towards the basket at game-speed and make 5 pull-up shots from the right wing, top of the key, and left wing for a total of 15 made shots.

**Free Throws — 2 Made Shots** — Using your complete free-throw routine, make 2 free-throws.

**Deep Three-Point Shooting — 15 Made Shots** — Take one extra step back from the three-point line and make 5 shots from each of the three spots. The three spots are the left wing, top of the key, and right wing. If a player can't do this, shoot from the regular three point line.

**Free Throws — 10 Made Shots** — Using your complete free-throw routine, make 10 free-throws.