



## **“100 Makes” Shooting Workout**

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**“Failing to prepare is preparing to fail.”**

**“Be quick, but don’t hurry.”**

**“The difference is in the details.”**

- 1. Shooting warm-up (at least five minutes)**
  - a. Form shooting without the ball
  - b. On your back form shooting without the ball
  - c. On your back form shooting with the ball
  - d. Line shooting (ball should come back to you in one bounce)
  - e. One hand form shooting at a basket (strive for clean makes)
- 2. Perimeter scoring** (alternate starting from top, both wings, and both baselines; start with spin pass into triple threat stance)
  - a. Shots off the catch (video) – **at least 20 makes**
  - b. Shots off the bounce (video) – **at least 20 makes** (alternate finishing with outside shots, one foot lay-ups, and two feet lay-ups)
    - i. Right hand drives – at least five makes
    - ii. Fake (drive, pass, or shot), then right hand drives – at least five makes
    - iii. Left hand drives – at least five makes
    - iv. Fake (drive, pass, or shot), then left hand drives – at least five makes
  - c. Fast break shots off the bounce (video) – **at least 16 makes** (alternate starting from both sides and center of the half-court line and make dribble moves at the arc; alternate finishing with outside shots, one foot lay-ups, and two feet lay-ups)
    - i. Change of pace moves – at least 8 makes (bear claw; hesitation; in and out)
    - ii. Change of direction moves – at least 8 makes (behind back; between legs; crossover; spin)
- 3. Post scoring** (always start with spin pass and catch the ball with both feet in the air)
  - a. Drop step (video) – **at least 10 makes** (five from each side; include head and shoulder fake, too)
  - b. Up and under (video) – **at least 10 makes** (five from each side)
  - c. Reverse pivot (video) – **at least 5 makes** (work both sides and vary your moves and finishes)
  - d. Drop pivot (video) – **at least 5 makes** (work both sides)
  - e. Pinch post moves (video) – **at least 5 makes** (work both sides and vary your moves and finishes)
- 4. Free Throws** (when you get tired) – **at least 10 total makes**
- 5. Play pick-up games!!!!!!** – 1 on 1; 2 on 2; 3 on 3; 4 on 4; 5 on 5

***Great players do more than what coaches require of them.***

***This is a shooting workout only. You should also spend time on your ball handling and conditioning.***