



“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. Wrist extensions without the ball
 - b. On your back without the ball
 - c. On your back with the ball
 - d. Line shooting (ball should come back to you in one bounce)
 - e. One hand shooting
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 5 makes
 - ii. Fake (pass, shot, or drive), then right hand drives – at least 5 makes
 - iii. Left hand drives – at least 5 makes
 - iv. Fake (pass, shot, or drive), then left hand drives – at least 5 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 (in & out; bear claw; hesitation)
 - ii. Change of direction moves – at least 8 makes (crossover; between legs; behind back; spin)
3. **Post scoring** (always start with spin pass and catch the ball with both feet in the air)
 - a. Turnaround jumper (video) – *at least 10 makes* (ball above your head before you turn)
 - i. Baseline – at least 5 makes
 - ii. Middle – at least 5 makes
 - b. Step through (video) – *at least 10 makes* (square up; shot fake; step through with no dribble)
 - i. Baseline – at least 5 makes
 - ii. Middle – at least 5 makes
 - c. Up and under (video) – *at least 5 makes*
 - d. Reverse pivot step back jumper (video) – *at least 5 makes*
 - e. Drop pivot (video) – *at least 5 makes*
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.