

## Shooting Workout – Guards

- **Shooting**
  - Miss a layup in a drill = Up and Back
  - Miss a FT in between = Up and Back
    - [Euro Form Shooting](#)
  - “Make 60”
    - 10 Form Makes
    - 10 Mikan/10 Reverse Mikan
    - 10 Bill Bradley’s
    - 10 Technique Jumpers
    - 10 Made FT’s
  - WPI Rips (Both Wings)
    - Rip right layup (2x)/Rip left layup (2x)/Rip right pullup (2x)/Rip left pullup (2x)/Rip right get to 2 shot fake finish (2x)/Rip left get to 2 shot fake finish (2x)
    - Add Help Defender (Chair/Trash Can @ Block Area)
      - Rip right layup (2x) – R to L Cross/ RH In-Out/Corkscrew hop (Get to 2 finish)
      - Rip left layup (2x) - L to R Cross/ LH In-Out/Corkscrew hop
      - Rip right pullup (2x) - R to L Cross/ RH In-Out
      - Rip left pullup (2x) - L to R Cross/ LH In-Out
      - Rip right get to 2 shot fake finish (2x) - R to L Cross/ RH In-Out/Corkscrew hop
      - Rip left get to 2 shot fake finish (2x) - L to R Cross/ LH In-Out/Corkscrew hop
  - 5 Spots (Midrange) – 5 Makes (Can’t miss 2 in a row)
  - Elbow to Short Corner Jumpers (Make 10 – Both Sides)
  - Lane Line to Lane Line 3’s (Make 10)
  - Lane Line to Corner 3’s (Make 10)
  - 5 Spot Pullups – Make 3 going R + L
  - Half Court Dribble Pullups Both sides – (Make 5 of each)
    - Start at half court – Dribble Move at 3 pt. line (R+L Hand) – Midrange pullup
      - In-Out
      - Crossover/Thru the Legs
    - Start at half court – Pullup 3
  - Combo Guard Shooting
    - Use Side Ballscreen/Refuse Side Ballscreen Pullup
    - Handoff Pullup (If no partner, use chair and put ball on chair)
    - Screen the Screener Action – Set imaginary backscreen and come off down screen
  - Beat the Pro +10/-10
    - Made shot = +1
    - Missed shot = -2
    - Win when you are +10/Lose when you are at -10
    - Spots - Elbow to Elbow/Wing to Corner/Wing to Top of Key
  - Pitino Shooting
    - 3 points for a 3; 2 points for a pullup; 1 point for a layup

- Shoot 1 3 ball; 2 pullups (Left/Right); 2 layups (Left/Right)
  - End with a 1 & 1 (both worth 1 point)
  - Add up total score
  - Spots – Top/Each Wing
- [Larry Bird 2 Minute Shooting](#)
  - 5 Spots – Make 2 in a row at each spot
  - After you finish last spot – Sprint to top and make 10 3's
  - Must finish in 2 minutes
- [Earn Your License](#)
  - **Round 1:** Spot Ups
    - Player will start at spot 1 (Corner) and move around the arc and back to shoot a total of 10 shots.
    - \*Player is allowed to start the drill by making his first shot (Only Round 1)
  - **Round 2:** Cut-Into 3s
    - Player will start under the basket and make a cut into spot 1 (Corner) to shoot.
    - Player then cuts back under the basket end then to spot 2 (Wing).
    - This is repeated for all 5 spots, then the player will repeat the cuts starting at spot 5 (Opp. Corner). 10 shots total.
  - **Round 3:** Transition Wing 3s
    - Player will start at 1/2 Court and make a cut into the wing.
    - Coach is in the middle to pass.
    - The player will shoot 5 shots in a row from the right side, then shoot 5 shots in a row from the left side.
    - 10 shots total.
  - **Round 4:** Trail 3's
    - Player will start at half court and shoot a trail 3 at the top of the key. Coach will pass from the side. Player shoots 5 from the right and 5 from the left. 10 Shots total.
  - **Round 5:** Spot Ups
    - Same as Round 1 but the player does NOT start on make from spot. 10 Shots total.
- Finish workout w/ **50 Mikan in a row, 10 FT makes** (Can't miss 2 in a row)