

Shooting Workout

Name:	Age:	D.O.B:
Address:	State:	P/Code:

Email:

Basketball Team:

Drill	Time	Score
1. Form shooting around charge circle in key	90 sec	N/A
2. Mikan Drill (hookshots)	90 sec	
3. Power Layups	90 sec	
4. X-Out Lay ups - from elbows	90 sec	
5. Hook Shots - from wings	90 sec	
6. Reverse Layups - from baseline	90 sec	
7. X-Out floaters from 3pt line	90 sec	
8. 15" Jump shots - from wings (alternate)	90 sec	
9. 15" Jump shots - from baseline (alternate)	90 sec	
10. 15" Jump shots - from top of key	90 sec	
11. One bounce jump shots - from Left wing - start behind 3pt line - L & R	90 sec	
12. One bounce jump shots - from Right wing - start behind 3pt line - L & R	90 sec	
13. 3 point shots - from different spots around arc	90 sec	
14. One bounce 3pt shots - from different spots around arc - L & R - start 1m behind arc	90 sec	
15. Free Throws	N/A	/50