

Two-Dribble Pull Ups	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
Transition Pull-Up Three's	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
Baseline Fade Shots	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
TOTAL	216	216 /	216 /	216 /	216 /	216 /	216 /	216 /

Shooting Workout by Jeremy Russotti from www.skilltrainingu.com

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More Information on the Workout

15 Foot Jump Shots

20 shots from all areas on the floor. No Dribble.

4 FREE THROWS

Shoot off the Dribble Triple Threat

20 Shots. Square up, make move, one dribble pull-up from direct drive & counter moves.

4 FREE THROWS

Three Point Shots

20 Three-pointers from all areas on the floor

4 FREE THROWS

15 Foot Range Bank Shots

20 Bank Shots. Alternate sides of the floor after each shot, from the wing angle.

4 FREE THROWS

Curl Shots

20 Curl shots near wing/elbow area. 10 shots on each side of the floor.

4 FREE THROWS

Three Point Shots

20 Three-point shots from all areas on the floor

4 FREE THROWS

TWO Dribble Pull-ups from Triple Threat

20 Shots off the dribble. Two dribble pull-ups from direct drives and counter moves.

4 FREE THROWS

Transition off the dribble/or catch Pull-up shots

20 Shots. Attack the 3-point line off the dribble in transition for pull up 3's.

4 FREE THROWS

Baseline fade shots

20 shots, make sure to set up man with proper footwork

4 FREE THROWS