

Circuit Shooting Workout

Here's a great shooting workout for incorporating dribbling and footwork skills. Can do as an individual with a designated passer or with another player.

All 10 stations make complete one round. Try improving at each station every round.

Move immediately onto the next drill until you've completed the entire round.

Emphasis on shot technique and mechanics, free throw routine, positive first step and not over dribbling, staying square and balanced, proper footwork on cuts, and keeping eyes on target on escape dribble three pointers.

1. Form Shooting

3 feet from rim. Three spots around the ring: both sides and front. Must be swish. Focus on form.

Beginner - 2 at each spot

Intermediate - 3 at each spot

Advanced - 4 at each spot

2. Mid-Range Game

Shooting from anywhere in the mid-range (about 10 - 15 ft).

Time limit of 3 - 5 minutes. If over allocated time, move onto next drill.

Start on 0 points. Add 1 point on a make and subtract 1 point on a miss. The goal is to get to +10. If you get to -10 you lose.

Beginner - +1 on a make. -1 on a miss.

Intermediate - +1 on a make. -2 on a miss.

Advanced - +1 on a make. -3 on a miss.

3. Consecutive Free Throws

Must make required amount of free throws consecutively. Once you get to correct amount, don't stop until a miss.

Beginner - 3

Intermediate - 4

Advanced - 5

4. Elbow Jumpers Off the Dribble

Start inside half court centre circle in triple threat position.

Dribble hard and make a move at three-point line (crossover, through-the-legs, behind-the-back), then into either a 1-2 step pull up shot from the elbow, or a step back jump shot from the elbow (step back off inside foot).

Beginner - 3 each side

Intermediate - 4 each side

Advanced - 5 each side

5. Form Balance Shooting

3 feet from rim.

Same as regular form shooting but used for balance. Quick release off two-foot moves.

Should take eight shots.

1. On one foot.

2. One foot, touch the ball to the ground, shoot.

3. One foot, lateral hop (left to right, then back to starting spot), shoot.
4. Alternate feet and repeat 1 - 3.
5. Two feet, lateral hop, (left to right, then back to starting spot), shoot.
6. Two feet, 180 degree turn jumps.

6. 'L' and 'V' Cuts

Must have partner to pass the ball. Skip drill if you're working out by yourself

From left wing, top, right wing. Shoot 12 shots.

Perform cut and then...

1. Catch and shoot.
2. Catch, 1 dribble, shot.
3. Catch, 2 dribble, layup.
4. Back cut power layup.

7. Consecutive Free Throws

Must make required amount of free throws consecutively. Once you get to correct amount, don't stop until a miss.

Beginner - 3

Intermediate - 4

Advanced - 5

8. Three Point Game

Same as mid range game except from three-point line.

Time limit of 3 - 5 minutes. If over allocated time, move onto next drill.

Start on 0 points. Add 1 point on a make and subtract 1 point on a miss. The goal is to get to +10. If you get to -10 you lose.

Beginner - +1 on a make. -1 on a miss.

Intermediate - +1 on a make. -2 on a miss.

Advanced - +1 on a make. -3 on a miss.

9. Form Shooting

3 feet from rim. Three spots around the ring: both sides and front. Must be swish. Focus on form.

Beginner - 2 at each spot

Intermediate - 3 at each spot

Advanced - 4 at each spot

10. Escape Dribble 3-Pointers

Slight ball fake and then lateral one-dribble into open space for three-point shot. From 5 spots. Both baselines, both wings, and top.

Beginner - 1 shot left or right from each spot.

Intermediate - 2 shots left or right from each spot.

Advanced - 3 shots left or right from each spot.

Beginner Circuit Shooting Workout

Drill	Must Make	Date	Date	Date	Date	Date	Date	Date
Form Shooting	6	6 /	6 /	6 /	6 /	6 /	6 /	6 /
Mid Range Game +1 on make -1 on miss	Win / Lose							
Consecutive Free Throws	3							
Elbow Jumpers off Dribble	6	6 /	6 /	6 /	6 /	6 /	6 /	6 /
Form Balance Shooting	8	8 /	8 /	8 /	8 /	8 /	8 /	8 /
'L' and 'V' Cuts	12	12 /	12 /	12 /	12 /	12 /	12 /	12 /
Consecutive Free Throws	3							
Three Point Game +1 on make -1 on miss	Win / Lose							
Form Shooting	6	6 /	6 /	6 /	6 /	6 /	6 /	6 /
Escape Dribble Three Pointers	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
TOTAL	49	49 /	49 /	49 /	49 /	49 /	49 /	49 /

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Intermediate Circuit Shooting Workout

Drill	Must Make	Date	Date	Date	Date	Date	Date	Date
Form Shooting	9	9 /	9 /	9 /	9 /	9 /	9 /	9 /
Mid Range Game +1 on make -2 on miss	Win / Lose							
Consecutive Free Throws	4							
Elbow Jumpers off Dribble	8	8 /	8 /	8 /	8 /	8 /	8 /	8 /
Form Balance Shooting	8	8 /	8 /	8 /	8 /	8 /	8 /	8 /
'L' and 'V' Cuts	12	12 /	12 /	12 /	12 /	12 /	12 /	12 /
Consecutive Free Throws	4							
Three Point Game +1 on make -2 on miss	Win / Lose							
Form Shooting	9	9 /	9 /	9 /	9 /	9 /	9 /	9 /
Escape Dribble Three Pointers	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
TOTAL	64	64 /	64 /	64 /	64 /	64 /	64 /	64 /

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Advanced Circuit Shooting Workout

Drill	Must Make	Date	Date	Date	Date	Date	Date	Date
Form Shooting	12	12 /	12 /	12 /	12 /	12 /	12 /	12 /
Mid Range Game +1 on make -3 on miss	Win / Lose							
Consecutive Free Throws	5							
Elbow Jumpers off Dribble	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Form Balance Shooting	8	8 /	8 /	8 /	8 /	8 /	8 /	8 /
'L' and 'V' Cuts	12	12 /	12 /	12 /	12 /	12 /	12 /	12 /
Consecutive Free Throws	5							
Three Point Game +1 on make -3 on miss	Win / Lose							
Form Shooting	12	12 /	12 /	12 /	12 /	12 /	12 /	12 /
Escape Dribble Three Pointers	15	15 /	15 /	15 /	15 /	15 /	15 /	15 /
TOTAL	79	79 /	79 /	79 /	79 /	79 /	79 /	79 /

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