

The Crunch Time King Workout

by David Nurse

This is a timed shooting workout from NBA shooting and skills trainer, David Nurse.

David is regarded as one of the top shooters in the world and top professional shooting and skills trainers for NBA players. He has helped develop some of the top shooters and players in the NBA and high level NCAA division 1 including Chris Lofton, Lee Humphrey, Aron Baynes, and Aaron Gordon to name a few.

It is different to our usual workouts in that instead of shooting until the required amount of makes, you're shooting for a set amount of time and counting the makes.

1. Perfects - 5 minutes

5 spots. A few steps away from the hoop. Use good form on every shot. Aim is to swish every shot.

Left side directly in front of hoop, 45 degree angle on left side, directly in front of hoop, 45 degree angle on right side, right side directly in front of hoop. 1 minute each spot.

2. Volcano Drill - 5 minutes

The aim of the drill is to make 9 consecutive shots from spots around the three point line. Going game speed, start at the left corner 3pt line, shoot your first shot from the corner. If you make it, move to the next spot which is between the left corner and the left wing. If you make this shot you then move onto the left wing. If you make this, then the next spot is between the left wing and the top of the key. Make that shot and move onto the top of the key, then so on down the right side of the arc.

However, if you miss a shot you go all the way back to the start.

Object of the game is to make 3's with the pressure on.

You have 5 min to see how far you get on this drill.

If you finish the drill, do the drill again starting on the right side.

Record how far you get in the drill. \

3. Shoot 2 free throws

4. 2 ball, 2 chair hand off Jumpers - 4 minutes

Place 1 chair at the left elbow and one chair at the right elbow. 1 ball on each chair. Start at the top of the key.

Sprint to the first chair and shoot a jump shot directly after scooping up ball from chair as quick as you can – simulating coming off a hand off at the high post from the big man.

After you shoot, immediately sprint back to touch the top of the key and sprint towards the next chair scooping the ball up and shooting the jumper.

After you shoot both shots, get both balls put them back on the chair and start again.

Record your total number of makes.

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5. Shoot 2 free throws \

6. 2 ball Variety Pack - 4 minutes

Place one chair at the top of the key with both balls on the chair.

First shot is to grab the ball off the chair and shoot the 3. Immediately after, grab the

second ball and perform a shot fake 1-dribble pull up jump shot going either way.
Get both balls and place them on the chair again – grab the first ball and shoot the three, pick up the other ball and perform 1-dribble into a step back jumper going either direction. Change directions each time.
Repeat this same sequence of 4 shots.
Record your total number of makes.

7. Shoot 2 free throws

8. 3pt Full Arsenal – 5 minutes

Start in left corner, first shot is a shot fake (let defender fly by) one step to the right 3pt shot. Shoot 5 of those.

Next shot start from left wing and spin the ball to the corner like a transition situation, shoot the 3 from the corner. Shoot 5 of those.

Next, From the left wing, dribble across the court attacking the right wing for a pull up 3. Shoot 5.

Same thing coming from the right wing attacking the left wing. Shoot 5. It is just straight on stationary 3's.

Right corner is the same as the left corner. Repeat going back the opposite way.

Get as many shots off as you can in 5 min.

Record total number of makes.

9. Shoot 2 free throws

10. 2 ball quick release – 2 minutes

Shots from the top of the key. Throw one ball up in the air and while that ball is in the air shot the ball that is in your hand as quick as possible and then shoot the other ball when it comes back down.

2 ball dribble back to the top of the key.

It is a very quick release drill. Record total number of makes in the drill.

1 bonus point for making both balls back to back.

11. Shoot 2 free throws

Total Drill workout time: 25 min

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Drill	How Long?	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Perfects	5							
Volcano Drill	5							
2 Free Throws								
2 Ball, 2 Chair Hand-off Jumpers	4							
2 Free Throws								
2 Ball Variety Pack	4							
2 Free Throws								
3-Point Full Arsenal	5							
2 Free Throws								
2 Ball Quick Release	2							
2 Free Throws								
TOTAL	25 Mins							

Shooting Workout by David Nurse from www.perfectshotsshooting.com/free-training-video/

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