

Steve Nash 20 Minute Shooting Workout

"If every basketball player worked as hard as me, I would be out of a job" - Steve Nash

Introduction:

There will be no chart to accompany this workout. The reason being is that in 20 minutes you won't have time to chart your makes. The focus is on an intense, non-stop 20 minute shooting workout.

This workout is fantastic for all guards who are time poor.

Want to get in a workout during lunch time at school? Want to get in a workout during your lunch break at work? This is the perfect workout for those occasions.

In just 20 minutes you'll be taking game shots at game speed, all while improving your conditioning (And we all know how important it is to shoot while fatigued!).

How to Perform This Workout:

There are two issues you might work out before starting this workout...

1. How to keep track of the time - If you can use the scoreboard on your court that's fantastic but not all players can. Instead I've used the countdown timer on my iPad and stood it up so the players can see it.

2. How to remember which drills and when to change - I highly recommend you find a friend/parent/coach/teammate to help you out. They can call out when to change drills and what to do from the sideline. It helps! But if you can't it's not that hard to remember as most flow into each other. I've memorised it!

The Steve Nash 20 Minute Shooting Workout:

20:00 - 19:00: Form shooting - Anywhere inside the key. Focus on good form. Let's see the ball go in the ring early!

19:00 - 18:00: Midrange shots from baseline - Gradually move out and continue switching sides on every shot.

18:00 - 17:30: Midrange bank shots - Slide up the court a bit and continue making midrange shot but now use the backboard.

17:30 - 17:00: Shots from the elbow - Move to the elbow and shoot jump shots. Make sure you continue switching sides!

17:00 - 15:30 - Runners in the lane - Start from the college three-point line, take a couple of dribbles and shoot a floater.

15:30 - 14:00: Hesitation dribble pull-up shot - Start from the college, three-point line, one dribble hesitation move into a jump shot.

14:00 - 13:00: Fadeaway's from the block off right shoulder - This means that on each block your pivot foot will always be your right.

13:00 - 12:00: Fadeaway's from the block off left shoulder - This means that on each block your pivot foot will always be your left.

12:00 - 11:00: Jump hooks from each block - Staying on the block, perform jump hooks going either way.

11:00 - 9:00: 1-dribble pull-up jump shot - From the top of the key take one dribble either way into a jump shot. Make sure you go both left and right!

9:00 - 7:30: 1-dribble spin jump shot - From the top of the key take one dribble either way, perform a spin move then into a jump shot. Make sure you go both left and right!

7:30 - 5:00: College three pointers - Shoot from the college three point line. No specific area. Shoot from where the ball is closest to.

5:00 - 3:30: 1-dribble step backs - From the college three point line, take one dribble and perform an step back jump shot.

3:30 1:30 Simulation pick-and-roll jump shots - From the college three point line, pretend you're the guard in a pick and roll situation. Use the pick and come off for a jump shot.

1:30 - 0:00: NBA three pointers - Shoot from the NBA three point line. If you're still young and have to change your form to shoot three's from the NBA line, stay at the college line.

Overtime: If you still have some gas left in the tank. Keep shooting those three's while you're tired.

Double Overtime: Free throws! - Ok I admit I added this one... but now that you're tired it's the perfect opportunity to make 20 free throws.

Shooting Workout created by Steve Nash.

Shooting Workout PDF created by Coach Mac

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