

PROFESSIONAL SHOOTING WORKOUT

1. Half Court Pull-Up Shooting Drill - (2 Sets)

- Mid Range - Baseline Left (Make 1)
- Mid Range – Baseline Right (Make 1)
- 3 Point – Baseline Left (Make 1)
- 3 Point – Baseline Right (Make 1)
- Mid Range – Wing Left (Make 1)
- Mid Range – Wing Right (Make 1)
- 3 Point – Wing Left (Make 1)
- 3 Point – Wing Right (Make 1)
- 1 Dribble Move at 3 Point Wing Left – Pull Up for Mid Range at Elbow Left (Make 1)
- 1 Dribble Move at 3 Point Wing Right – Pull Up for Mid Range at Elbow Right (Make 1)
- 1 Dribble Move – Pull Up for 3 Pointer at Elbow Extended Left (Make 1)
- 1 Dribble Move – Pull Up for 3 Pointer at Elbow Extended Right (Make 1)
- Mid Range – Center (Make 1)
- 3 Point – Center (Make 1)

1 Minute Water Break & Repeat for Second Set **(30 Makes Total)**.

2. Spin to Self Shooting

There are 3 areas on the court where this drill will be performed from: Left Wing, Right Wing, and the Top.

- Mid Range – In Steps (Make 5)
- Mid Range – Out Steps (Make 5)
- Mid Range – In Step, Pump fake, Sweep Right, 1 Dribble Pull Up (Make 5)
- Mid Range – Out Step, Pump fake, Sweep Left, 1 Dribble Pull Up (Make 5)
- Mid Range – In Step, Pump fake, Sweep Right, 1 Dribble, Step Back and Shoot (Make 5)
- Mid Range – Out Step, Pump fake, Sweep Left, 1 Dribble, Step Back and Shoot (Make 5)

Repeat at the Top and the other Wing **(90 Makes Total)**.

3. Five Spot 3 Point Shooting

- Layer 1: Spin Ball Out, Turn Left, Hop Shot (Make 2/spot)
- Layer 2: Spin Ball Out, Turn Right, Hop Shot (Make 2/spot)
- Layer 3: Spin Ball Out, Turn Left, 1-2 Shot (Make 2/spot)
- Layer 4: Spin Ball Out, Turn Right, 1-2 Shot (Make 2/spot)

(40 Makes Total).

4. Free Throws – Make 5 IN A ROW*