

STEVE NASH MULTIPLE SHOT WORKOUT #1

5 Minutes Warm-Up

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|------------------------|----------------------|
| 1. Lay-Ups | 1 Minute |
| 2. Block-to-Block | 1 Minute |
| 3. Short Corner | 1 Minute |
| 4. 12' Bank Shots | 1 Minute |
| 5. Mikan / 3 Pt. Shots | 30 / 30 Seconds Each |

<u>Drill</u>	<u>Goal</u>	<u>Time</u>
1. Elbow Jump Shots	20	2 Minutes Each
2. Wing Jump Shots 17'	18	2
3. Runners	15	2
4. Back to Basket Shot 10'-12'	16	2
5. Running Hook Shot	16	2
6. 1 Dribble Pull-Up	14	2
7. Spin Dribble into Jump Shot	15	2
8. 3s	15	2
9. Step Back Jumpers		
Alternate Right to Left	12	2
10. Shot Fake 1 Dribble Jumpers	12	2

Cool Down

5 Minutes of Free Throws

Workout Goals

150 Attempts / 98 Makes

65% Make Rate

MICHAEL JORDAN SHOOTING OFF THE DRIBBLE WORKOUT #2

5 Minutes Warm-Up

1. Lay-Up 1 Minute
2. Block-to Block 1 Minute
3. Short Corner 1 Minute
4. 12' Bank Shots 1 Minute
5. Mikan / 3 Pt. Shots 30 Seconds Each

<u>Drill</u>	<u>Goal</u>	<u>Time</u>
1. Multiple Ballhandling into a Shot	10	2 Min.
2. Up and Back	10	
RH into crossover		1 Min.
LH into crossover		1 Min.
3. Scissors	10	2 Min.
4. Behind Back	10	2 Min.
5. Back Pedal into 1 Dribble Pull-Up	10	2 Min.
6. Combination Moves	10	
Behind Back – Behind Back		1 Min.
Thru Legs – Thru Legs		1 Min.
7. Combination Moves	10	
Thru Legs – Spin Dribble		1 Min.
Spin Dribble – Spin Dribble		1 Min.
8. Combination Moves	10	
Inside Out – Crossover (Use R & L Hands)		1 Min.
Change of Pace		1 Min.
9. Combination Moves	10	
Pull Back – Thru Legs (Use R & L Hands)		1 Min.

Behind Back – Thru Legs (Use R & L Hands) 1 Min.
10. Shot Fake at End of Dribble
Use R & L Hands 10 2 Min.

Cool Down

5 Minutes of Free Throws

Workout Goals

100 Attempts / 70 Makes (1 Shot Attempt Every 12 Seconds)

70% Make Rate

LARRY BIRD SHOOTING WORKOUT #3

5 Minutes Warm-Up

1. Lay-Up 1 Minute
2. Block-to-Block 1 Minute
3. Short Corner 1 Minute
4. 12' Bank Shots 1 Minute
5. Mikan / 3 Pt. Shot 30 Seconds Each

<u>Drill</u>	<u>Goal</u>	<u>Time</u>
1. Step in Jump Shots (15'-17' Key Area)	18	2 Minutes
2. Elbow Jumpers	16	2 Minutes
3. 3 Pt. Scramble (Start in Lane)	18	2 Minutes
4. Sideline to Elbow Jumpers (Both Sides)	18	2 Minutes
5. Wing to Wing (Both Sides)	16	2 Minutes
6. 3 Pt. Shot (Top of Key)	16	2 Minutes
7. Back to Basket Shots (10'-12')	20	2 Minutes
8. Pivot and Shoot (17' or 3s)	18	2 Minutes
9. Wing to Wing 3s	14	2 Minutes
10 Back Pedal and Shoot	18	2 Minutes

Cool Down

5 Minutes of Free Throws

Workout Goals

170 Attempts / 111 Makes

65% Make Rate

10/10 DRILL WORKOUT #5

5 Minute Warm-Up

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|--------------------|-----------------|
| 1. Lay-Ups | 30 Seconds Each |
| 2. Step-In Jumpers | 30 Seconds Each |
| 3. Elbow to Elbow | 30 Seconds Each |
| 4. Mikan Drill | 30 Seconds Each |
| 5. 3s | 30 Seconds Each |

Directions

- 2 Players
- Start in corner, move around perimeter shooting from 10 different spots
- Player must make 10 shots from each spot
- Alternate shooter after each set
- Each player will perform 10 sets

Goal

Player must make 10 shots while attempting 14 or less.

Levels of Achievement

Less than 5	Go Home
5 of 10 Sets	Junior High
6 of 10 Sets	High School
7 of 10 Sets	Mid-Major
8 of 10 Sets	High-Major
9 of 10 Sets	NBA
10 of 10 Sets	Olympian

POST WORKOUT #4

5 Minute Warm-Up

1. Lay-ups 1 Minute
2. Block-to-Block 1 Minute
3. Short Corner 1 Minute
4. 12' Bank Shots 1 Minute
5. Mikan / 3 Pt. Shots 30 / 30 Seconds Each

<u>Drill</u>	<u>Goal</u>	<u>Time</u>
1. X out Lay-up / Mikan	14 / 36	1 Minute Each
2. Sikma 12' – Both Sides	20	2 Minutes
3. Jump Hook – Right & Left Block	20	2 Minutes
4. Turn Around Jump Shot 10' – 12'	18	2 Minutes
5. Running Hook Shot	16	2 Minutes
6. Inside Pivot & Drive	20	2 Minutes
7. 3 Shot Combination - 17' Jump Shot, 1 Dribble Jump Shot, Shot Fake & Drive	18	2 Minutes
8. Triangle - Short Corner, Free Throw Line, Short Corner	21	2 Minutes
9. Back Pedal & Shoot	18	2 Minutes
10. Drop Step Power Move Or Dunk	30/15 Dunks	2 Minutes

Cool Down

5 Minutes of Free Throws

Workout Goals

231 Attempts / 197 Makes

85% Make Rate

2 MAN SHOOTING WORKOUT #6

5 Minute Warm-Up

1. Lay-ups 1 Minute
2. Block-to-Block 1 Minute
3. Short Corner 1 Minute
4. 12' Bank Shots 1 Minute
5. Mikan / 3 Pt. Shots 30 / 30 Seconds Each

<u>Drill</u>	<u>Goal</u>	<u>Time</u>
1. Shoot With Partner	14 Each	2 Minutes
2. Elbow to Elbow	18	1 Minute
3. Step-in Jump Shot – Top of Key	16	1 Minute
4. Wing to Wing 3s	12	1 Minute
5. Sideline to Elbow	12	1 Minute
6. Baseline Curl or Fade	10	1 Minute
7. Step-in Jump Shot – Wing 3s	16	1 Minute
8. Shot Fake 1 Dribble	14	1 Minute
9. Around the Perimeter Off Screens Going Left & Right	14	1 Minute
10. Corner 3s	16	1 Minute

Cool Down

5 Minutes of Free Throws

Workout Goals

142 Attempts / 100 Makes

70% Make Rate

2 MAN SHOOTING WORKOUT #7

5 Minute Warm-Up

1. Lay-ups 1 Minute
2. Block-to-Block 1 Minute
3. Short Corner 1 Minute
4. 12' Bank Shots 1 Minute
5. Mikan / 3 Pt. Shots 30 / 30 Seconds Each

Drill

<u>Drill</u>	<u>Goal</u>	<u>Time</u>
1. Back Pedal to Elbow Jump Shot	16	1 Minute Each
2. 3 Shot Drill – Sideline to Elbow Half Court to Top of Key Sideline to Elbow	12	1 Minute Each
3. Shoot the W	12	1 Minute Each
4. 3 Shots and Repeat (Move Around Perimeter) Lay-up 1 Dribble Jump Shot 3	15	1 Minute Each
5. Sideline to Sideline	12	1 Minute Each
6. Half Court to Top of Key	12	1 Minute Each
7. 2 Dribble Jumpers	12	1 Minute Each
8. 5 Spot 3s	14	1 Minute Each
9. Shot Fake 1 Dribble	14	1 Minute Each
10. Curl/Cut Jump Shots	14	1 Minute Each

Workout Goals

123 Attempts / 80 Makes
65% Make Rate

BALLHANDLING / DRIBBLING WORKOUT #8

5 Minute Warm-Up

1. Lay-ups 1 Minute
2. Block-to-Block 1 Minute
3. Short Corner 1 Minute
4. 12' Bank Shots 1 Minute
5. Mikan / 3 Pt. Shots 30 / 30 Seconds Each

Cross Court Drills

1. Crossover
2. Pull-Back to Crossover
3. Reverse
4. In-Out
5. Hesitation & Go
6. Double Crossover
7. Pivot
8. Behind Back
9. Through Legs
10. Speed

Repetitions

LH x 2, RH x 2
LH x 2, RH x 2
LH x 2, RH x 2
LH x 2, RH x 2
LH x 2, RH x 2
LH x 2, RH x 2
LH x 2, RH x 2
LH x 2, RH x 2
LH x 2, RH x 2
LH x 2, RH x 2

Zig Zag Drills

1. Behind Back
2. Through Legs
3. Reverse
4. Crossover
5. In-Out

Repetitions

x 2
x 2
x 2
x 2
x 2

1 Ball Stationary

1. Scissors

Repetitions

30 Seconds

- | | |
|-----------------------------|-----------------|
| 2. Figure 8 | 30 Seconds |
| 3. Spider | 30 Seconds |
| 4. Around Both Legs | 30 Seconds |
| 5. Crossover | 30 Seconds |
| 6. Behind Back | 30 Seconds |
| 7. Over the Line | 15 Seconds Each |
| 8. Push & Pull | 15 Seconds Each |
| 9. Machine Gun Low Dribble | 15 Seconds Each |
| 10. Pound Ball High Dribble | 15 Seconds Each |

2 Ball Stationary

- | | |
|----------------------|---|
| 1. 1 High 1 Low | <u>Repetitions</u>
30 Seconds |
| 2. Right Over Left | 30 Seconds |
| 3. Left Over Right | 30 Seconds |
| 4. Bounce Together | 30 Seconds |
| 5. Alternate Bounces | 30 Seconds |
| 6. Front to Back | 30 Seconds |

2 Ball On The Move

- | | |
|---------------|----------------------------------|
| 1. Together | <u>Repetitions</u>
x 2 |
| 2. Alternate | x 2 |
| 3. Zig Zag | x 2 |
| 4. Backwards | x 2 |
| 5. Crossover | x 2 |
| 6. Step Slide | x 2 |

Cool Down

5 Minutes of Free Throws

COMPETITIVE SHOOTING DRILLS

WORKOUT #9

5 Minute Warm-Up

1. Lay-ups 1 Minute
2. Block-to-Block 1 Minute
3. Short Corner 1 Minute
4. 12' Bank Shots 1 Minute
5. Mikan / 3 Pt. Shots 30 / 30 Seconds Each

Drill

Time

1. Rapid Fire Drill 1 Minute Each
2 Balls – Most makes in a minute
2. Consecutive String Drill Best 2 of 3
Shoot from one spot, and see how many shots you can take without missing 2 in a row.
3. In A Row Best 2 of 3
Start on a make.
4. Beat Michael Jordan 1 Round
Move around perimeter, A basket equals 1 point, A miss equals 2 points, Game to 21.
5. 2 Makes In A Row 5 Spots 1 Round
Fewest Total Attempts to Win
6. 10 Baskets Best 2 of 3
Fewest Total Attempts

7. 36er Drill 1 Round
1 point = Lay-up

2 points = Off Dribble

3 points = 3s

3 shots from 6 different spots, A total of 18 shots with a point value of 36 points.

8. 1 on 1 Game to 11 points 1 Round
Count by 2s and 3s
9. Beat LeBron to 25 1 Round
Alternate 3s and 2s, Miss = 4 points for LeBron
10. Free Throw 1 on 1 to 11 1 Round
If you make the first free throw, you get the bonus free throw. First player to 11 points wins.