

## Individual Shooting Workout

I designed this workout to help your shooting skills. Never go less than full speed, except during the "thinking" shooting right after the first 20 free throws. Do it right! Do it over and over! If you follow this workout your shooting will improve.

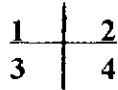
*Coach McCracken*

Stretch

Miken Lay-up Drill -- 2 minutes

Jump Rope -- 5 minutes

Agility Drill -- 2 minutes



Follow the numbers. First jump on your right foot, then left, then both feet. Do it three times for 30 seconds each.

20 Free throws

Shooting -- 15 minutes

Start close. Take your time and *think* through each shot. Shoot from different spots and shoot all shots.

Shooting off the pass -- 3 minutes

Pass the ball to yourself and square up to the basket. Shoot five set shots, five jump shots, five bank shots, and five lay-ups.

20 Free throws

Shooting off the pass -- 3 minutes

Repeat above

20 Free throws

Shooting off the dribble -- 3 minutes

Pass the ball to yourself, dribble right or left, and square up to the basket. Shoot five set shots, five jump shots, five bank shots, and five lay-ups.

20 Free throws

Shooting off the dribble -- 3 minutes

Repeat above

20 Free throws

A drill should be competitive; compete against yourself. Keep track of the different type of shots (free throws, off pass, off dribble) and how many you hit of each.

**GOOD LUCK**