

## 10,000 Shot Club - Workout

\*Completion of the workout is 245 total shots. **5 spots** are both baselines, both wings, and top of key.

1) **Form Shooting:** 5 spots/5 shots - Focus on correct form (BEEF Shooting) Balance - Eyes - Elbow - Finish **(Total shots 25)**

Try to make 5 shots from each spot - try to swish as many as possible - shoot from close in.

2) **Mikan Layups:** shoot 20 (10 each side - moving right side to left side & back - shot right hand and left hand)

3) **Layups:** Shoot 10 right hand lay-ups and 10 Left hand layups.

4) **Dribble Attack Moves** (dribble ins)- 3 rounds. Place a cone at the 5 spots on three pt. Line.

\*At each cone, dribble at the cone and put on a move (cone is the defender).

Round 1: 2 Regular layups at each cone.

Round 2: 2 Jump stop layups from each cone (or power slides)

Round 3: 2 pull up jumpers from each cone.

**(Total Shots 30)**

5) **5 Spot Shooting:** From each of the 5 spots on the floor shoot 8 shots. One round of 15 ft. shots then one round of 3 point shots. Each round shoot the following at each spot. **(Total Shots 80)**

4 jumpers (catch and shoot)

2 pull ups (off one dribble - right and left every other shot)

2 Jab step pull ups (Ex. jab step right, then go left)

6) **Post work:** Low post or mid post moves on both sides (8 shots of each move - 4 each side)

Drop step - both baseline and middle

Up & Under - both baseline and middle

Face ups (inside pivot) - start with back to basket - when receiving pass - inside pivot and face the hoop. Do either a Face -up shot or drive to hoop.

**(Total Shots 40)**

7) **Free - throws:** Shoot 5 after each section above. **(Total Shots 30)**

