



PLYMOUTH PANTHERS

BOYS BASKETBALL SHOT CLUB

SAMPLE SHOOTING WORKOUT

1. From Right Wing—shot fake, dribble for layup with Right hand (5 shots)
2. From Left Wing—shot fake, dribble for layup with Left hand (5 shots)
3. From Right Wing—shot fake, dribble for layup with Right hand, reverse layup with Left hand (5 shots)
4. From Left Wing—shot fake dribble for layup with Left hand, reverse layup with Right hand (5 shots)
5. 5 Free-Throws
6. Bank shots from the Right block (10 shots)
7. Bank shots from the Left block (10 shots)
8. 5 Free-Throws
9. 10-Foot jump shots from the Left baseline (10 shots)
10. 10-Foot jump shots from the Right baseline (10 shots)
11. 5 Free-Throws
12. From Right wing—shot fake, dribble in with Right hand, jump stop, 12-Foot bank shot (10 shots)
13. From Left wing—shot fake, dribble in with Left hand, jump stop, 12-Foot bank (10 shots)
14. 5 Free-Throws
15. 10-Foot jumpers from Straight on (10 shots)
16. 15-Foot jumpers from the Left elbow (10 shots)
17. 15-Foot jumpers from the Right elbow (10 shots)
18. 5 Free-Throws
19. From Right wing—fake left, dribble in with Right hand, power slide, finish with Right hand (5 shots)
20. From Left wing—fake right, dribble in with Left hand, power slide, finish with Left hand (5 shots)
21. 5 Free-Throws
22. From Right wing—fake right, dribble in with Left hand, jump stop from elbow (10 shots)
23. From Left wing—fake left, dribble in with Right hand, jump stop from elbow (10 shots)
24. 5 Free-Throws
25. 3 Point Shots from anywhere (50 shots)
26. 5 Free-Throws

Total Shot Workout: 230 Shots