

Shooting Workout Temp				Saturday
"Be your own coach when the coach isn't around."				
Time	Clock	Court	Drill	Comments:
		<a href="#">Court</a>	<a href="#">Announcements</a>	
		Court		
		<a href="#">Court</a>	<a href="#">Talk &amp; Teach</a>	
			Game shots at game speed	Visualize what it takes to be successful on a Friday night
			Never miss two in a row	Add consequences if needed to stay locked in
			Next shot!' mindset	RALF your misses/mistakes
			Body language matters	<a href="#">Practice Strong R's (Responses)</a>
			Count and/or chart makes	We want 100+ makes per day
			Compete whenever possible	Life is a competition to get be better
		<a href="#">Court</a>	<a href="#">Pre-Practice</a>	<b>*show me anything &amp; I will show you everything!</b>
	05 m.	TBD	Form Shooting Progression	<a href="#">wrist ext. trace/retrace. arm swing. 1&amp;2-Hand</a>
	03 m.	Court	Ropes	bounce, boxer, skier, bell, jack, nordic, 2x
		<a href="#">Court</a>	<a href="#">Skillwork - Ballhandling</a>	
	05 m.	Court	150 Pound Dribble Challenge	<a href="#">high, low, inside-out, crossover, between legs, behind back</a>
	08 m.	Side	2-Ball Dribbling Sequence	<a href="#">low &amp; non-rhythm, high &amp; non-rhythm, high-lo, lo-high</a>
	05 m.	Side	KTG Moves on the Move	vary your speed - 80 mph > 100 mph
	03 m.	Full	3-Up / 2-Back	emphasize pullback crossover
	02 m.	Court	Power Pickups	Smash to Set R&L
		<a href="#">Court</a>	<a href="#">Freethrows: Shoot 4 FT's</a>	<b>*repeat inbetween drills</b>
	01 m.	Half	Freethrow Swish	scoring: make +0, swish +1, miss -1
		<a href="#">Court</a>	<a href="#">Shooting: Spot-up, Catch &amp; Shoot</a>	
	05 m.	Half	Spot Shot 5	make 5 shots from 4 designated spots
	02 m.	Half	Bird Drill	2 m. / 10 spots / 2 in a row to advance / finish t/k
	TBD	Half	Shaka Shooting	5 spots: count makes at each spot until you miss 2 in a row
	02 m.	Half	Green Light Shooting	5 spots: a. make 3 b. make 2 in a row c. make 5 on move
		<a href="#">Court</a>	<a href="#">Shooting: Cut, Catch &amp; Shoot</a>	
	1:30	Half	30-Second Shooting	<a href="#">Click Here</a>
	04 m.	Half	Circle Shooting	<a href="#">Click Here</a>
	05 m.	Half	16 Shot Shooting	wing-corner-wing-corner 4x through
	04 m.	Half	2-Ball Shooting	1 less ball than players / game shots @ game speed
	05 m.	Half	Warrior Drill	<a href="#">lay-up = +1, pin down = +2, flare = +2</a>
	05 m.	Half	The Gun: V-Cut Competition	spot 8 / 1 s. delay
		<a href="#">Court</a>	<a href="#">Shooting: Dribble &amp; Shoot</a>	
	TBD	Half	Running Horse	game shots @ game speed
	08 m.	Half	5-Spot Shooting	1) 3fg 2) pull-up 3) rim / 60 total points per player
	05 m.	Half	Beat the Pro	begin w/FT, mfg=+1, swish=+2, miss=2 for pro
	05 m.	Half	Curry 4-Way Ball Pickups	R&L: To Basket, Step Back, Side (aka Skate)
		<a href="#">Court</a>	<a href="#">Shooting: Catch &amp; Drive Shots</a>	<b>*pull-ups &amp; to the rim</b>
	08 m.	Half	Circle Shooting Jumpstops	<a href="#">Click Here</a>
	08 m.	Half	Sundance Moves on the Move	<a href="#">Click Here</a>
	08 m.	Half	Continuous Blast-Cuts	<a href="#">Click Here</a>
	08 m.	Half	4 Corner Shooting (WPD)	<a href="#">Click Here</a>
		<a href="#">Court</a>	<a href="#">Shooting: Finish Through Contact</a>	
	05 m.	Half	Dematha Finishing	start from baseline and/or elbows / 1-on-1 challenge
		<a href="#">Court</a>	<a href="#">Conditioning</a>	
		Court		
		<a href="#">Court</a>	<a href="#">Post-Practice</a>	
		Court		
			<a href="#">The Art of Shooting</a>	<a href="#">Click Here</a>
			<b>Feet</b>	Get your homework done early (own your feet), hip-width (jump rope), slight turn & stagger, shooting shoulder = darts, land 6" forward
			<b>Legs &amp; Knees</b>	Shot ready, level 1, down-up energy, toes through the floor (jumping rope), consistent timing (Set Position = Up Force), release ball before top of jump
			<b>Head &amp; Eyes</b>	Chin up, eyes on the basket (back of the rim, dead center), don't watch ball flight
			<b>Grip</b>	Fingers spread comfortably, pads of the hand, index finger centered
			<b>Shot Line</b>	Ball in shooter's pocket (tuck position), dip, elbow in and under, up force, phone booth
			<b>Perfect U-Shape Platform</b>	Wrist, forearm, upper arm form u-shape; up-force, quick but not hurried release, before top of jump
			<b>Follow Through</b>	Wrist flexion, full extension, hang it eye-high, 2 seconds, top of the shot = top of the board
			<b>Guide Hand</b>	Balance hand (golf tee), clean release, 5 up & 5 down
			<b>"Tuck - Set - Go"</b>	Verbal sequence all done in .75 seconds or less
			<b>Shot Selection (BPR)</b>	Balance - Pressure - Range = FG% Efficiency