

Wayzata Individual Shooting Workout

Keys:

- Catch ball in the air/ Square bell button up to rim (Proper footwork)
- BEEF: Balance, Elbow in (under ball), Eyes on target, Follow through up
- Hold your follow through until the ball goes in
- Confidence (Practicing at game speed creates confidence!)
- *Make 2 free throws between every drill (This is your rest)*

Form Shooting:

*Swoosh 3 set shots from each block and from right in front of rim (9 Makes)

*Swoosh 3 jump shots from each block and from right in front of the rim (9 Makes)

Shooting on the Move:

*5 spot shooting: (Run after rebound and between spots) (20 makes)

-Make two 15ft jumpers and two 3s from each of the 5 main spots on the court

*Square up and shoot: (20 makes)

-Start underneath the rim before every shot, spin ball out to each of the 5 main spots and square up to rim and shoot (2 makes from 15ft and 2 makes from 3)

*Shooting game: 2 vs. 1 (Play to 11 pts)

-All made baskets are plus 1 and all missed baskets are minus 2

-Go twice from 15ft and twice from 3

