

# Wayzata 5 Spot Scoring Workout

**Total Shots Attempted: 150**

**Total Free Throws Attempted: 30**

## From Each Spot:

\*\*\**Sprint after ball after each shot attempt*

\*\*\**Make 1 free throw in between each drill listed*

\*Attempt **5** 15ft jumpers

-Keys: spin ball out, square belly button up to rim-while catching in the air

\*Attempt **5** 3's

-Keys: spin ball out, square belly button up to rim-while catching in the air

\*Attempt **4** 2-dribble pull-ups

-Keys: Use shot fakes and jabs to get your defender off balance (Attempt 3 each way)

\*Attempt **4** 1-dribble pull-ups

-Keys: Use shot fakes and jabs to get your defender off balance (Attempt 3 each way)

\*Attempt **4** 1-dribble step backs

-Keys: Use shot fakes and jabs to get your defender off balance (Make 3 each way)

\*Attempt **8** breakdown moves into shots

-Keys: Spin the ball out to 25ft and you get a max. of 4 dribbles to score. Switch up moves and make sure to change speeds and directions (Mix up lay-ups, floaters, and pull-ups)

## Scoring:

Spot 1: \_\_\_\_\_(30) Spot 2: \_\_\_\_\_(30) Spot 3: \_\_\_\_\_(30) Spot 4: \_\_\_\_\_(30) Spot 5: \_\_\_\_\_(30)

FTs: \_\_\_\_\_(6) FTs: \_\_\_\_\_(6) FTs: \_\_\_\_\_(6) FTs: \_\_\_\_\_(6) FTs: \_\_\_\_\_(6)

Total Made Shots: \_\_\_\_\_(150)

Total Made Free Throws: \_\_\_\_\_(30)

**Challenge:** Instead of attempting 150 shots, make 150 shots and time yourself to see how fast you can finish (Stop time while shooting free throws)!

### **5 Main Spots**

