

HYBA 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

