

## HYBA 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

