



Workout: Beginner Shooting Workout
Equipment: 2 Basketballs and Hoop
Difficulty: 1
Total Time: 15 minutes

I. Warm up

Notes: Perform each drills for 20 seconds each, 2xs

- A. Tight Cross
- B. Multi Dribble Figure 8
- C. Two and through
- D. Two Ball - Pound to Micros

II. Form Shoot

Notes: Perform 10 shots at each spot

- A. Left
- B. Center
- C. Right

III. Shots

- A. Right Side Layups
- B. 10 Layup Challenge - Right only
- C. 123 Shooting Challenge