



DEFOREST LADY NORSKIES

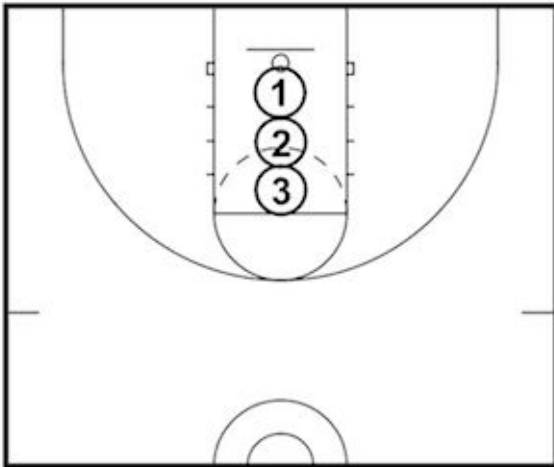
“ADVANCED GUARD WORKOUT”



A great basketball workout for all guards.

Drill #1 - Form Shooting — 20 Made Shots
Make shots shooting from the following specific distances:

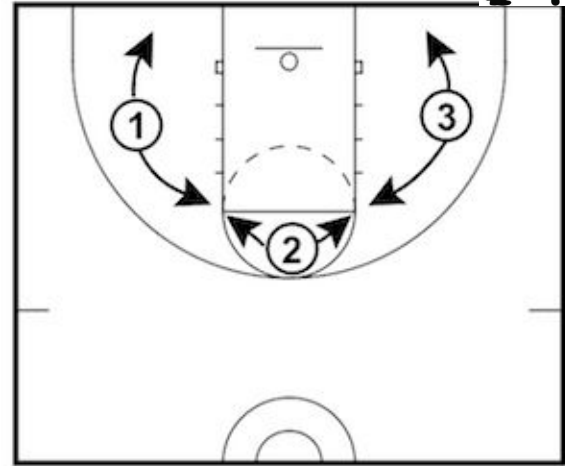
- 10 shots from 3 feet.
- 5 shots from 5 feet.
- 5 shots from 7 feet.



Drill #2 - Free Throws - 5 Made Shots
Using your complete free-throw routine, make 5 free-throws.

Drill #3 - Midrange Shooting — 30 Made Shots
Make 10 shots from three different sets of movements. You will have two shooting points for each set, and you must keep switching between them and make 10 shots.

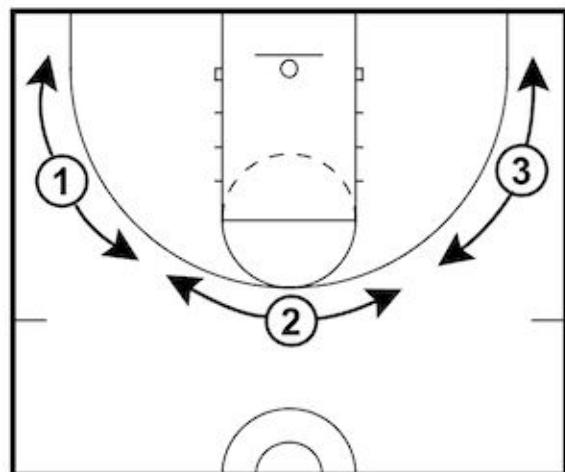
- Set 1: Left corner to left elbow - 10 made shots.
- Set 2: Elbow to Elbow - 10 made shots.
- Set 3: Right corner to right elbow - 10 made shots.



Drill #4 - Free Throws - 5 Made Shots
Using your complete free-throw routine, make 5 free-throws.

Drill #5 - Three-Point Shooting - 15 Made Shots
Make 5 shots from three different sets of movements. You will have two shooting points for each set, and you must keep switching between them and make 5 shots.

- Left corner to left wing - 5 made shots.
- Left wing to right wing - 5 made shots.
- Right corner to right wing - 5 made shots.



Drill #6 - Free Throws - 5 Made Shots
Using your complete free-throw routine, make 5 free-throws.



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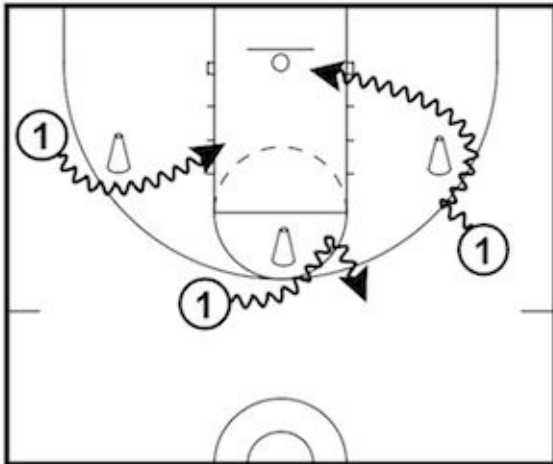


Drill #7 - Pick and Roll Series - 66 Made Shots

To simulate a pick-and-roll situation, you will make 22 shots out of the PnR from three different areas of the floor. The left wing, top of the key, and right wing.

You must make the following shots at each of the 3 spots.

- 2-dribble jump shot - 7 made shots.
- Step back three-pointer - 5 made shots.
- Drive and finish - 10 made shots.



Drill #8 - Free Throws - 5 Made Shots

Using your complete free-throw routine, make 5 free-throws.

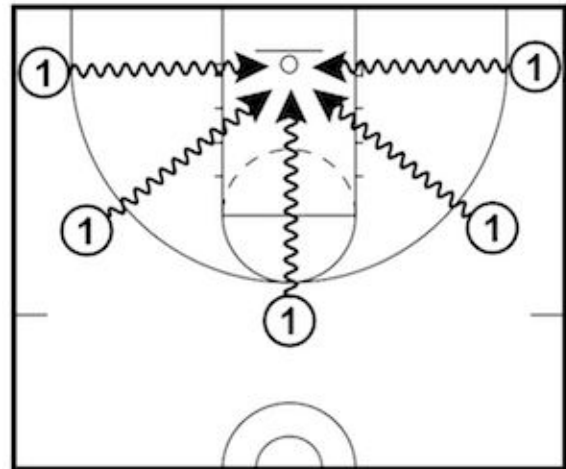
Drill #9 - Advanced Layup Series — 50 Made Shots

During the advanced layup series, you must make 10 layups beginning from outside the three-point line at each of the 5 spots. Make sure you attack the basket!

The five spots are: left corner, left wing, top of the key, right wing, right corner.

The 5 layups you must make are:

- Right-hand layup.
- Left-hand layup.
- Reverse layup.
- Floater.
- Euro step.



Drill #10 - Free Throws - 5 Made Shots

Using your complete free-throw routine, make 5 free-throws.



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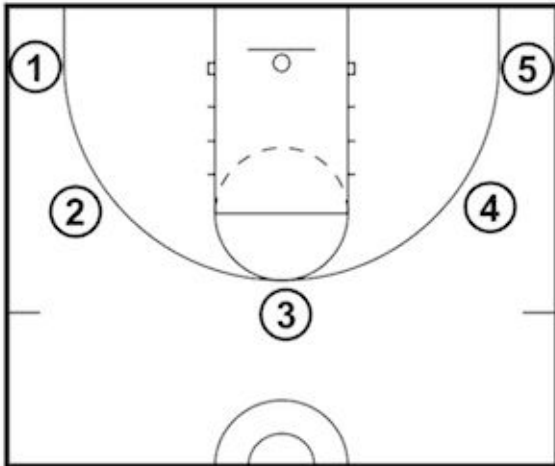


Drill #11 - Three-Point Shooting — 25 Made Shots

Starting in the left corner, make 5 shots at each of the 5 spots from three-point distance.

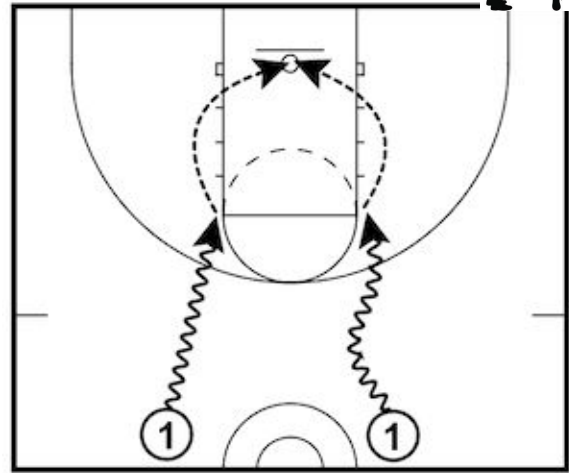
The five spots are:

- Left corner
- Left wing
- Top of the key
- Right wing
- Right corner



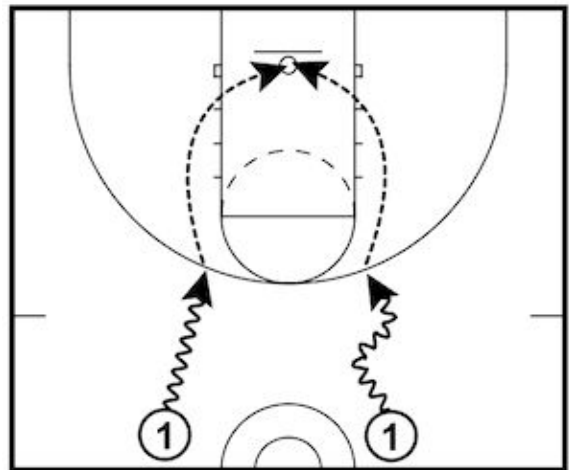
Drill #12 - Free Throws - 5 Made Shots
Using your complete free-throw routine, make 5 free-throws.

Drill #13 - Transition Pull-Ups from the Elbows — 20 Made Shots
Starting at half-court, dribble towards the basket at game-speed and make 10 pull-up shots from the right elbow and 10 pull-up shots from the left elbow.



Drill #14 - Transition Three-Point Pull-Ups — 15 Made Shots

Starting at half-court, dribble towards the basket at game-speed and make 5 pull-up shots from the right wing, top of the key, and left wing for a total of 15 made shots.



Drill #15 - Free Throws - 5 Made Shots
Using your complete free-throw routine, make 5 free-throws.