

150 shot work out (15 minutes with a partner)

Warm up with one hand shooting around basket 5 at 3 spots (15)

Elbow jump-shots planting on inside foot (25)

Three point shots 5x5 spots around perimeter (focus on getting shots off quickly) (25)

Three point line on catch take one or two hard dribbles alternating left and right 5x5 spots (25)

Three point line two hard attack dribbles making a crossover into a step back jumper alternating directions (25)

F.T's 10 (one dribble and shoot) don't take forever to get shots off

5x5 spots reverse lay-ups going hard from the three point line making a dribble move before lay-up (crossover, between legs, inside out, spin dribble, Shamgod crossover)

150 total