

200 Made Shots Workout

Drill	Must Make	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Mikan Drill	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Form Shooting: One Hand 3 Feet Out	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: One Hand 5 Feet Out	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: One Hand 7 Feet Out	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Elbow to Elbow	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
5 Spot Midrange	25	25 /	25 /	25 /	25 /	25 /	25 /	25 /
5 Spot Three-Pointers	25	25 /	25 /	25 /	25 /	25 /	25 /	25 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
1-Dribble Pull-Up Four At Each Spot	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
2-Dribble Pull-Up Four At Each Spot	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
TOTAL:	200	200 /	200 /	200 /	200 /	200 /	200 /	200 /

Shooting Workout by Coach Mac
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