

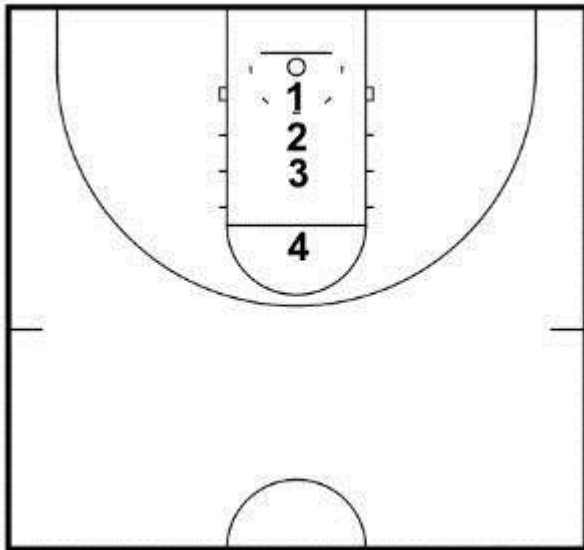


## 1. Form Shooting (35 Makes)

As we do with every workout, let's start off with some form shooting close to the basket.

This is 100% compulsory before any shooting workout.

- 10 makes from 3 feet
- 10 makes from 5 feet
- 10 makes from 7 feet
- 5 makes from the free-throw line

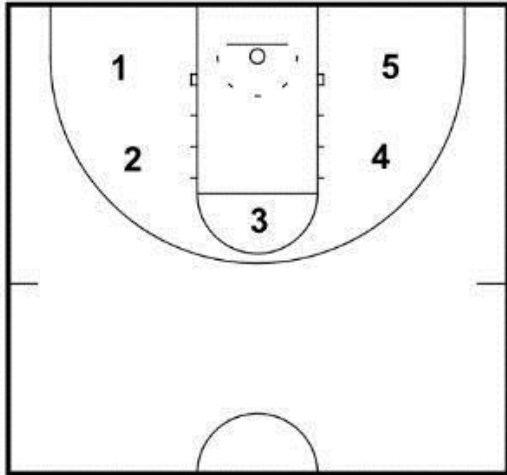




## 2. Midrange Shooting (25 Makes)

Now, let's start to work our way back...

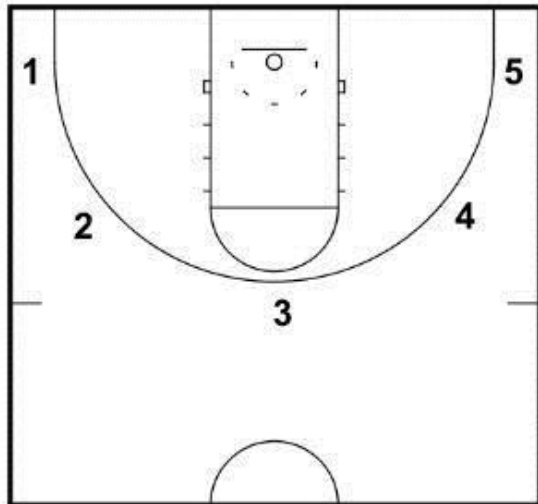
Make 5 shots from five midrange spots.



## 3. Three-Point Shots (25 Makes)

And then we step out to Steph Curry territory... the three-point line.

Make 5 shots from five three-point spots.



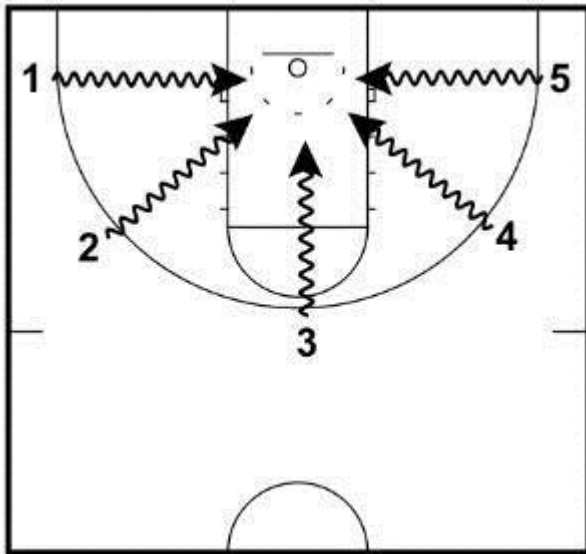


#### 4. 2-Dribble Floaters (25 Makes)

Next up, starting in the same spots around the three-point line, take two strong dribbles towards the ring and then shoot a floater.

Mix it up whether you jump off one-foot or take a two-foot jump stop.

Once again, make 5 from each spot.



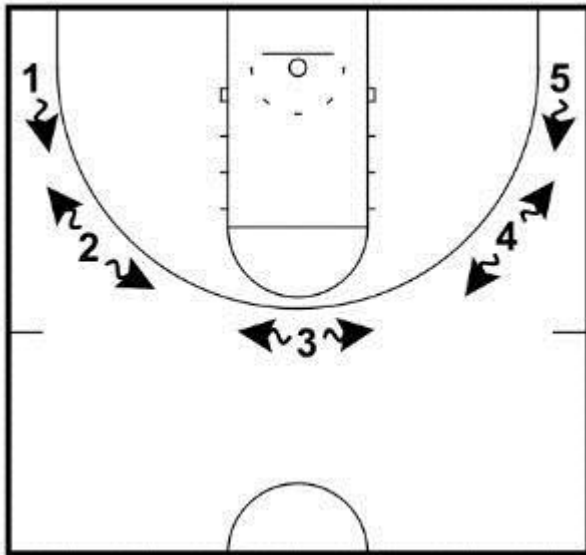


### 5. Side-Step-Dribble Three-Pointers (20 Makes)

It's common in basketball for defenders to sprint out at three-point shooters and jump to challenge or distract the three-point shot.

What players practicing in this drill is making a shot fake, taking one-dribble to either side to create space, and then shooting the open three-pointer.

From the 5 three-point spots, make two shots stepping either way.





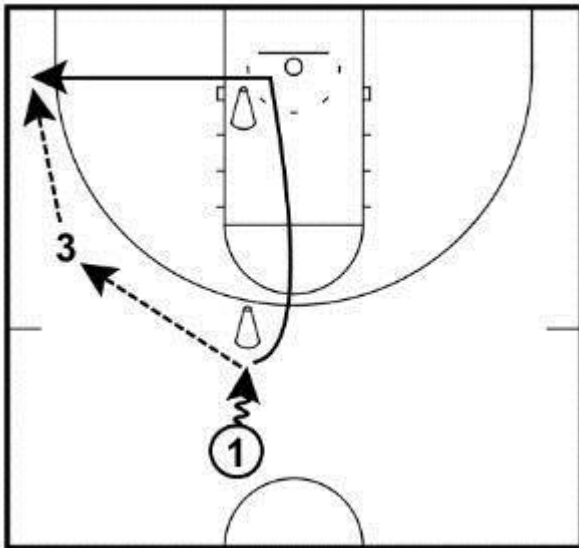
## 6. Relocation Three-Pointers (10 Makes)

No one on planet Earth is better at relocating after dribble penetration than Stephen Curry.

In this drill, players take two strong dribbles before bulleting a pass with their outside hand to a teammate, friend, parent, or coach standing on the wing.

Keeping their speed up, they will then cut through the key and quickly clear out to the corner behind the three-point where they will receive the pass for a shot.

Make 5 shots from each corner.



Want more basketball workouts like this?

Check out 20 more individual shooting workouts on this link:

[www.ChampionshipCoachingCourse.com](http://www.ChampionshipCoachingCourse.com)

- Coach Mac