

Suggested Shooting Workout

Will your off season preparation habits match your dreams for next season as you prepare daily?
It is truly up to you as to how good you want to be as an individual! Coaches don't decide your playing time...you decide your playing time!

1. Make 20 Forward Mikans-Both Hands
2. Make 20 Reverse Mikans-Both Hands
3. 3 Form Shooting Drills (Minimum of 5 minutes on each)
 - Building Muscle Memory-**
Watch This Video <https://youtu.be/lzx4Y6czDY4>
 1. **Slow Motion Shooting**
 2. **Thigh Tap Form Shooting**
 3. **High Bounce Shooting**
Check to make sure your
ELBOW is in and under the ball
Touch shooting elbow to your side before you left the ball
Does your elbow finish above your eyes
Is your pointy finger the last finger to touch the ball
Pinch pointy finger and thumb on the release
Watch This Video on the Index Finger
<https://youtu.be/LyW72Hg wz6k>
Do you hold your follow through
Does the ball hit on top of the rim and inside the ring
4. Make 20 Free Throws **Watch this Video to become a better FT Shooter**
<https://youtu.be/0343D3fjPnQ>
5. Make 3- Mid Range Jumpers from 5 spots- **Make 15 Shots**
6. Make 3 -Three point shots from 5 spots- **Make 15 3's**
7. Make 20 Free Throws
8. Make 10 Jump Hooks with both hands
Video <https://youtu.be/7we0Dob8UPY>
9. WORK ON THESE MOVES-
 - Finish with your choice Of Shot**
 - SHOT FAKE- <https://youtu.be/oNuh6VKVAoY>**
 - Pump Fake- <https://youtu.be/yZb8OAXnl24>**
 - STEP BACK- <https://youtu.be/oNuh6VKVAoY>**
 - 3 Beginning Moves <https://youtu.be/inNOgSsLKDU>**
 - HIP SWIVAL- <https://youtu.be/NdzWNP2MiAE>**
 - VEER FINISH ON LAYUP- <https://youtu.be/GweHpw834mw>**
 - 5 MOVES TO GET TO RIM- <https://youtu.be/iaPKzD3MpfU>**
 - INCREASE RANGE ON SHOT- <https://youtu.be/lpB3A5ZkBJU>**

NEVER LEAVE A WORKOUT AFTER A MISSED SHOT!!!!