

Warm-up Shooting Workout

(10-15 minutes)

1-Handed Tray-Drill

- Hold the ball out in front of your body with one hand and bring it back to your shooting pocket and shoot the ball with one hand.
- Make 10 shots at 3 different spots, starting close to the basket and making two swishes before moving back one step. Continue moving back until you have made 10 total swishes with one hand.

Zig-Zag (2-3 times)

- Shoot 1 shot starting on the block and cross the lane to the opposite block, taking 1 shot at each hash-mark as you work your way up the lane to the elbows. Once you reach the elbows work your way back down the key to the block

Baseline - to - Baseline

- Shoot a baseline jumper starting on the block and cross to the other side of the basket and shoot another jumper. Continue this pattern until you move out to the three-point line.
- Try to make 6-8 shots in a row from various distances before moving out