

Mishicot Girls Basketball Club Shooting Workout #1

Name: _____

Date _____

| Warm-Up | Made | Points of Emphasis |
|-------------------------|--|---|
| Mikan Drill | :30 _____ :30 _____ :30 _____ :30 _____ | Do (2) sets of each: Finishing off one foot & Finishing off two feet (Power Finish). Stand on one side of the hoop with the ball. Jump and power the ball up for a layup. As soon as you land, jump back and rebound the ball out of the net. Try to rebound the ball as high as possible. Your jump should transition you to the other side of the hoop. As soon as you land, power the ball back up from the other side. Continue the process side to side, working on your left & right hands. |
| Free Throws | 10 _____ | Working with a Partner, shoot 2 free throws and then rotate until you finish 10 shots each. To speed things along, rebound for each other |
| Form Shooting | Made | Points of Emphasis |
| One-Hand - Spot 1 | 10 _____ | Right Block, Middle, Left Block - 5 Foot Range. FOCUS - Perfect Form - Using only 1 hand - Elbow STRAIGHT UNDER the ball. No jumping. Extension to tip toes, but feet do not leave the ground. High Finish with good wrist action (snap) - Hold follow-thru. If a partner is available, rebound and pass so shooter can keep feet positioned properly (~ 11:00 - right hand, ~ 1:00 -left hand) |
| One-Hand - Spot 2 | 10 _____ | |
| One-Hand - Spot 3 | 10 _____ | |
| Shadow - Spot 1 | 10 _____ | Same 3 spots as above. Building on above series - Now add Guide Hand, but DO NOT TOUCH BALL. Place guide hand 1" from the ball and complete Series. Think of Guide Hand as a Tomahawk along-side, but not touching the ball. No jumping. |
| Shadow - Spot 2 | 10 _____ | |
| Shadow - Spot 3 | 10 _____ | |
| Full-Form - Spot 1 | 10 _____ | Same 3 spots as above. Building on above series - Now add Guide Hand with EXTREMELY LIGHT contact to the ball. Focus here is that the guide hand HAS NO EFFECT on your shot. Do not allow guide hand to turn inside-out to the basket. No jumping. |
| Full-Form - Spot 2 | 10 _____ | |
| Full-Form - Spot 3 | 10 _____ | |
| Free Throws | 10 _____ | Working with a Partner, shoot 2 free throws and then rotate until you finish 10 shots each. To speed things along, rebound for each other |
| Short-Form Spot 1 | 10 _____ | Same as Full-Form above, but we are shooting ~ 9' out. Feet are stationary and in good shooting form (11:00 - right handed, 1:00 - left handed). Spots are just outside R Block, Short Right Wing, In front of Free throw line, Short Left Wing and just outside L Block. Focus on swishes. Emphasis like above - Feet positioned properly, elbow - straight under the ball, EXTREME light guide hand, high finish with good wrist action (snap) - Hold follow-thru. To speed things along, rebound for each other - focus on good passes |
| Short-Form Spot 2 | 10 _____ | |
| Short-Form Spot 3 | 10 _____ | |
| Short-Form Spot 4 | 10 _____ | |
| Short-Form Spot 5 | 10 _____ | |
| Free Throws | 10 _____ | Working with a Partner, shoot 2 free throws and then rotate until you finish 10 shots each. To speed things along, rebound for each other |
| Footwork Shooting | Made | Points of Emphasis |
| Short & Mid Set Shot- 1 | 10 10 _____ | 1st series -Take 10 shots from ~ 10' range. Spots are outside R Block, Short Right Wing, In front of Free throw line, Short Left Wing and outside L Block. 2nd series- move out roughly 4' and do the same drill. WE are now stepping or hopping into our shot. Emphasis like above - Feet positioned properly, Catch the ball ready to shoot (load up), ball in shot pocket, elbow - straight under the ball, light guide hand, high finish with good wrist action (snap) - Hold follow-thru. Carry over skills from No Jumping Series above. Keep track of makes from 10' on left side and makes from 14' on right side of column |
| Short & Mid Set Shot- 2 | 10 10 _____ | |
| Short & Mid Set Shot- 3 | 10 10 _____ | |
| Short & Mid Set Shot- 4 | 10 10 _____ | |
| Short & Mid Set Shot- 5 | 10 10 _____ | |
| Free Throws | 10 _____ | Working with a Partner, shoot 2 free throws and then rotate until you finish 10 shots each. To speed things along, rebound for each other |
| TOTAL | 280 _____ | Add up total number of makes (NOT COUNTING MIKANS) and add here. Then turn the sheet into one of the coaches and they will add to your file. |