

Mishicot Girls Basketball Club Shooting Workout #2

Name: _____

Date _____

Warm-Up	Made	Points of Emphasis
Mikan Drill	:45 _____ 1:00 _____ 1:15 _____	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
Perfected Spot 1	20 _____	Right Block, Middle, Left Block - 5 Foot Range. FOCUS - Perfect Form - Elbow STRAIGHT UNDER the ball with LIGHT guide hand pressure. Make sure guide hand does not turn inside out. 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)
Perfected Spot 2	20 _____	
Perfected Spot 3	20 _____	
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-Range Spot 1	10 _____	Start about 9 feet out from rim. Receive pass or spin the ball in front of you. Step (left-right for right-handed shooter) or hop (your preference) into a shot that is ~ a 7 foot jump shot. Spots are just outside Right Block, Just inside Middle Right Hash, In front of Free throw line, Just inside Left Middle Hash and just outside Left Block. Focus on swishes. 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. If using a rebounder/passers make sure to pass the ball properly so the shooter can be in rhythm
Short-Range Spot 2	10 _____	
Short-Range Spot 3	10 _____	
Short-Range Spot 4	10 _____	
Short-Range 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
Mid-Range Spot 1	10 _____	Same as above, but we start about 12' out. Receive pass or spin the ball in front of you. Step (left-right for right-handed shooter) or hop (your preference) into a shot that is ~ 10' jump shot. Spots are outside R Block, Short Right Wing, In front of Free throw line, Short Left Wing and outside L Block. Focus on swishes. 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. To speed things along, rebound for each other - focus on good passes
Mid-Range Spot 2	10 _____	
Mid-Range Spot 3	10 _____	
Mid-Range Spot 4	10 _____	
Mid-Range 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
Right Arc Spin-Outs	10 _____	This series focuses on getting into proper position to shoot on the move. Start near the baseline facing away from it on on the left side of the basket. You will shoot 10 shots at your mid-range distance at different points of the arc around the basket (moving clockwise). Either spin or receive a pass while pivoting on your inside foot (foot closer to basket - in this case your right foot) or hop into a shooting position catching the ball ready to shoot. Your feet should be positioned properly like above (~ 11:00 - right hand, ~ 1:00 -left hand). Focus on shooting form like above with a focus on jumping and landing in relatively the same spot (stay on balance). Once you get to the opposite baseline turnaround and move counter-clockwise around the basket. This time around the arc your pivot foot would be your left foot.
Left Arc Spin-Outs	10 _____	
Right Arc Spin-Outs	10 _____	
Left Arc Spin-Outs	10 _____	
Right Arc Spin-Outs	10 _____	
Left Arc Spin-Outs	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	270 _____	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.