

Mishicot Girls Basketball Club Shooting Workout #3

Name: _____

Date _____

Warm-Up	Made	Points of Emphasis
Mikan Drill	:30 _____ :30 _____ :30 _____ :30 _____	Do (2) sets of each: Finishing off one foot & Reverse Mikans . 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. For reverse - back should be to baseline.
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 _____	
Perfects - Spot 1	10 _____	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)
Perfects - Spot 2	10 _____	
Perfects - 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
Footwork Shooting	Made	Points of Emphasis
Mid-Range Shot Fake - 1	5 5 _____	3 spots (your mid- range) - Right Wing, Middle, Left Wing. BELIEVABLE shot fake using 1 dribble TO CREATE SPACE . Focus on using correct pivot foot - tendency to travel if not done properly. Like above, get feet positioned properly and shoot on balance, landing in the same spot you shot from. Be sure to work both right and left hand dribbles . Track each side separately in the column
Mid-Range Shot Fake - 2	5 5 _____	
Mid-Range Shot Fake - 3	5 5 _____	
Mid-Range Jab Step - 1	5 5 _____	3 spots (your mid-range) - Right Wing, Middle, Left Wing. Off a spin or pass, catch ready to shoot. JAB STEP HARD and toward the Basket and step back into a shot on balance, landing in the same spot you shot from. Be sure to work both right and left foot jabs . Track each side separately in the column
Mid-Range Jab Step - 2	5 5 _____	
Mid-Range Jab Step - 3	5 5 _____	
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
Screen Shooting - 1	5 5 _____	Setup(chair/ D-man) or simulate 5 different screens around the perimeter at your mid-range. Come off the screen, pivot or hop low with your legs loaded as you catch a pass or spin to yourself ready to shoot. If you pivot, make sure to pivot on your inside (closest to the hoop) foot. You MUST Set you Feet under control and balanced . Your shot should be on balance, landing in the same spot you shot from. FOCUS on getting feet positioned properly for shot (~11:00 - right hand, ~1:00 - left hand). Work both sides of the screen and track makes from each side separately in the column
Screen Shooting - 2	5 5 _____	
Screen Shooting - 3	5 5 _____	
Screen Shooting - 4	5 5 _____	
Screen Shooting - 5	5 5 _____	
3 Point - Spot 1	10 _____	5 spots should be around the 3 point arc corner, right wing, top, left wing and opposite corner. Shoot 10 shots from each spot focusing on keeping proper shooting form. If consistent form cannot be maintained DO NOT CONTINUE - (You will ruin the work you put into form in previous drills) . Move in a few feet and continue through the series. Shoot 10 and then rotate with your partner. Catch the pass ready to shoot from your partner who is rebounding. Partner should work on passing to hit shooter in proper position .
3 Point - Spot 2	10 _____	
3 Point - Spot 3	10 _____	
3 Point - Spot 4	10 _____	
3 Point - 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
TOTAL	260 _____	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.