

Shooting is a Lifelong Habit

Before we get started, I wanted to emphasize one of the most common myths that I have learned in basketball: *shooting 500 shots/day will improve your shooting form*. This is false for two reasons. 1) if you're shooting with poor form then you're reinforcing bad habits and your percentage will remain stagnant, 2) if you're shooting with the same form over and over then your percentage will not improve significantly until you have improved your shot.

You need to constantly be adjusting/calibrating/re-inventing your form if you want to keep reaching new heights. We typically become content once we reach a certain % as a shooter and naturally stop innovating when we feel that our form is "good enough". We become afraid of changing things because our shot goes in ~65% of the time (in practice).

5 Steps on how to improve your shot using deliberate practice

Step 1: Draw a line in the sand for your current skill level

Measure your current skill level by shooting 100 shots from the top of the key and count how many you make out of 100. For the sake of this example, let's say that you make 52 out of 100 (52%).

As a side note, I believe that shooting straight is the most important part of shooting, so shooting from the top of the key will give you direct feedback whether your shots are missing left, right, short, or long.

Step 2: Add 4% to your current skill level

An optimal challenge is 4% greater than the current skill level. So, in our case, your goal will be to make 56 out of 100 (56%) during your workout.

Step 3: Break your workout down to 4 smaller sets

We're going to break our workout down to 4 sets of 25 shots. The goal for each set will be to make 14 out of 25 (56%) on every set. If you don't make that goal, then you have to re-shoot that set again.

Step 4: Don't leave the gym until you have achieved your goal

Having the mentality of "I'm not leaving the gym until I hit 4 sets of 14/25 (56%)" will do a few things:

- It will force you to concentrate and be present during your workout.
- It will increase your confidence when you hit your goal.
- It will force you to calibrate/re-invent your shot as you start shooting higher percentages.

To boost your improvement into hyper-drive you can:

- Videotape yourself shooting and then watch it in slow motion.
- Announce your misses out loud and keep track of how you're missing most often — yell "left", "right", "short", "long" — after every miss. Then you will start to hear the patterns of where you're missing the most.

Step 5: Do this for 10 workouts and then go back to Step 1 with a different “shot type”

We typically plateau mentally after 10 workouts and things become more boring and un-enthusiastic. Boredom is your absolute worst enemy in becoming a great shooter. After performing your 10th workout, you should switch things up and think of a different shot type that you can do the assessment with.

Here are some variables you can play with when deciding on a different shot type:

- **Your Movement (choose one):** Stationary. Moving away from the basket. Moving towards the basket. Moving laterally.
- **Ball Position (choose one):** Off the Catch. Off the Dribble. On the Move.
- **Your Position (choose one):** Form shooting. 5 ft. 10 ft. 15 ft. 18ft. 3-pointer. NBA 3-pointer. Different spots on the floor.
- **Pressure (choose one or many):** Make 70% of takes. Make 10 in 1 minute. Make 3 consecutive in 1 minute. Make shots with a hand in your face. Shoot after performing lateral conditioning. Play with no pressure. What shots are your weakness in a game? (drill those)

Designing A Workout Plan

When designing a shooting program or workout, keep the following in mind:

- Shoot at game speed, on the move, with a hand in your face
- It was difficult to make a game speed cut with a toss-out. Knowing what I know today, I would have started the ball on a chair and made my cut at game speed before grabbing the ball and shooting. Or another alternative would have been to toss the ball out to myself without letting it bounce.
- Stay engaged with deliberate practice
- One of the most common myths in basketball is that shooting 420 shots per day will improve your shooting form. Your shooting percentage will only increase drastically if you improve (or remove) a biomechanical flaw.
- You need to set a goal of your current shooting percentage plus 4% and then don't leave the courts until you have hit that %. This goal forces you to focus and implicitly tweak your shot for your shot to get better.
- Stay mindful with a variety of drills
- Prefer random practice over block practice
- Practice deciding when to shoot

120 Day Challenge

During the offseason there is a lot of down time. There aren't any worries about school which takes up 8 -11 hours of your day, this includes attending class, homework, & studying. The offseason is where players don't make excuses, instead they create opportunities for growth. The challenge of tracking your made shots 120 Days stems from researching what does it take to become a great shooter. There are various numbers we could put as made shots, but that would defeat the point of this challenge. The most important part of this challenge is to keep track of your progress. You want to have a log how much work you're truly putting into your game. For us, it's about pushing the limit & building habits that translate to our everyday life. Let's break it down together!

Made shots include the following:

- Form Shooting
- Mikan Drill
- Post Moves Shooting & Finishes
- Free Throws
- Catch & Shoot
- Triple Threat Shooting & Finishes
- Transition Shooting & Finishes
- Pick & Roll Shooting & Finishes
- Form Lay Ups (Up the Lane)

How to keep track?

The best form is using a notebook. It's less distracting and easy to follow. You would organize the notebook by the date, what drill you did, how many MADE shots, & notes about what you like/didn't like about your shooting performance. At the end of each day write out the total makes of all the drills you did for the day at the top right of the page so you can add it quickly at the end of each week. Tracking your progress is everything!

EXAMPLE

Date	Drill	Makes	Notes

What's the goal?

The goal of this is to get players to be more conscious about the work they put into something. It takes countless hours to perfect a craft, but it isn't impossible if you make the time for it. Players are buying into their coaches and philosophies but need more guidance on how to continue to get better. All this deliberate work will help build the player's confidence on & off the court. We want EVERY player that steps foot into our program to be a knock down shooter & positive habit creator when they leave. These are skills that can transfer to any AAU, high school, college, pro team, job, etc.

Infinite Shooting Workouts (5 Examples)

Workout 1 - (200 make workout)

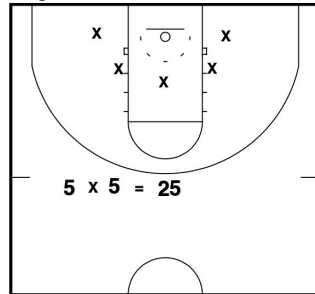
Form Shots - 25 makes

Mikans (10 regular and 10 reverse) - 20 makes

FT's - 5 makes

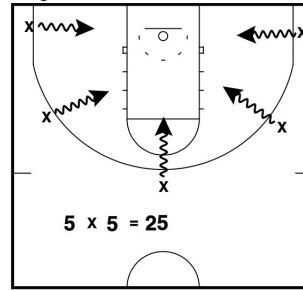
One Dribble Pull-ups - 25 makes

Shooting Workout Postseason 2020 (pg 1)



5 shots at 5 warmup spots

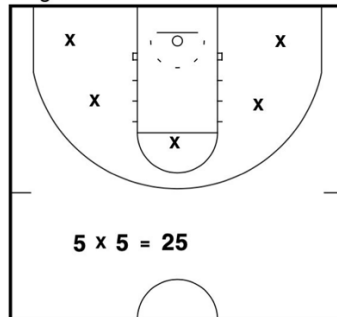
Shooting Workout Postseason 2020 (pg 1)



5 one dribble pullups at 5 spots (alternate going left and right)

Strong Foot Jab Step and Shoot (15 footers) - 25 makes

Shooting Workout Postseason 2020 (pg 1)



Jab step and shoot 15 footers

FT's - 5 makes **Catch and Shoot three point shots** (either with a rebounder or self toss) - 25 makes

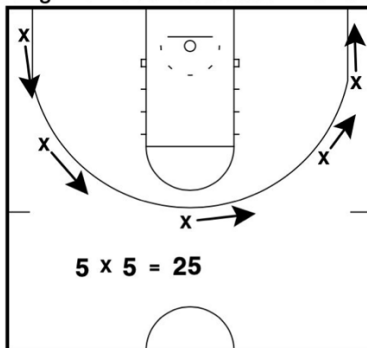
Shooting Workout Postseason 2020 (pg 1)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

Off-the-move three point shots (either with a rebounder or self toss) - 25 makes
FT's - 5 makes

Shooting Workout Postseason 2020 (pg 1)



Off the move 3pt shots (either self toss or have a rebounder pass to you)

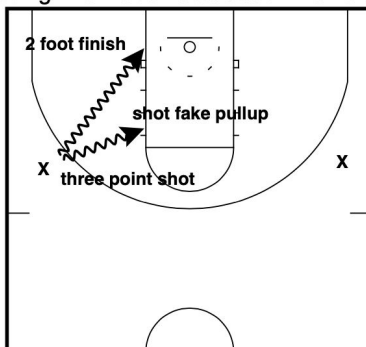
Wing Series = 5 times through, 15 makes on EACH Wing (total of 30 makes)

One two-foot finish at the rim (triple threat rip and go)

One shot fake pull-up jumper

One three point shot

Shooting Workout Postseason 2020 (pg 1)



Complete this wing series 5 times through of 3 makes each on both sides of the floor

Workout 2 - (200 make workout)

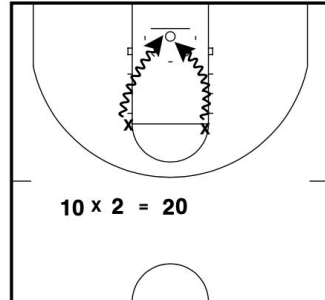
Form Warmup Shots - 20 Mikans, 10 Form shooting makes

Driving Layups from the Elbow - 10 makes each elbow

FT's - 5 makes

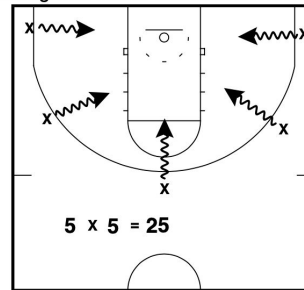
One Dribble Pull-ups - 25 makes

Shooting Workout Postseason 2020 (wk 2)



10 driving layups on each elbow

Shooting Workout Postseason 2020 (pg 1)



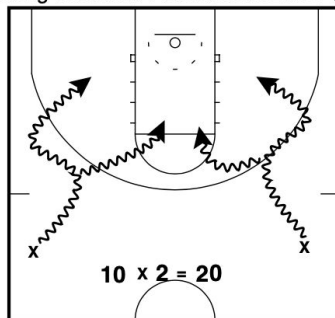
5 one dribble pullups at 5 spots (alternate going left and right)

Transition wing attack (pull-up jumpers) - 10 makes each side, 20 total

FT's - 5 makes

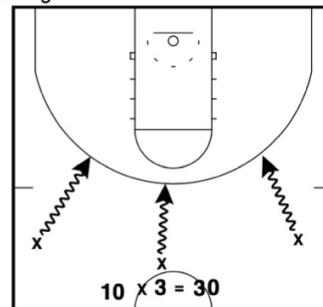
Transition threes (pull-up jumpers) - 10 makes each spot, 30 total

Shooting Workout Postseason 2020 (wk 2)



Transition wing attack - pullup jumpers 10 makes each side (use crossover, between the legs, or behind the back)

Shooting Workout Postseason 2020 (wk 2)



Transition threes - pullup jumpers 10 makes each spot (30 total)

Catch and Shoot three point shots (either with a rebounder or self toss) - 25 makes

FT's - 5 makes

Shooting Workout Postseason 2020 (pg 1)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

Wing Series = 5 times through, 15 makes on EACH Wing (total of 30 makes)

One two-foot finish at the rim (triple threat rip and go)

Rip & 1 dribble pull up jumper

One three point shot (Self Toss)

FT's - 10 makes

Shooting Workout Postseason 2020 (wk 2)



Complete this wing series 5 times through of 3 makes each on both sides of the floor

Workout 3 - (200 make workout)

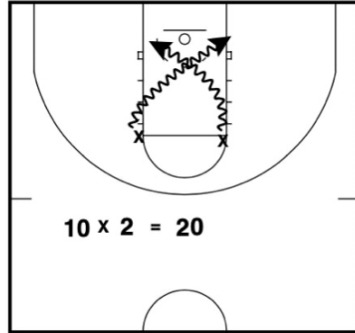
Form Warmup Shots - 10 Form shooting makes

Reverse driving layups from the elbow - 10 makes each elbow

5 one dribble pull-ups from 6 spots - 5 makes each spots, 30 total

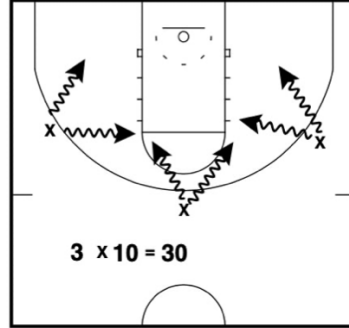
FT's - 5 makes

Shooting Workout Postseason 2020 (wk 3)



10 driving reverse layups from each elbow

Shooting Workout Postseason 2020 (wk 3)



5 one dribble pullups at 6 spots (alternate going left and right 5 makes each direction at 3 spots)

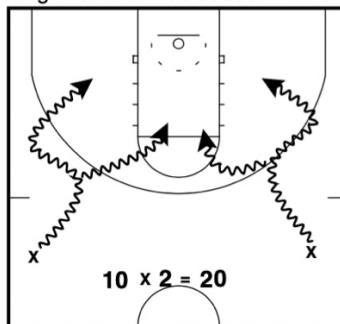
Transition wing attack (pull-up step-back jumpers) - 10 makes each side, 20 total

Transition threes (pull-up jumpers) - 10 makes each spot, 30 total

FT's - 5 makes

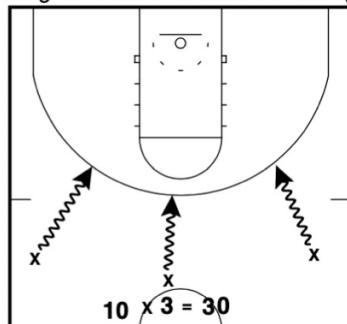
Catch and Shoot three point shots (either with a rebounder or self toss) - 25 makes

Shooting Workout Postseason 2020 (wk 3)



Transition wing attack - pullup stepback jumpers
10 makes each side (use crossover, between the legs, or behind the back)

Shooting Workout Postseason 2020 (wk 3)



Transition threes - pullup jumpers 10 makes each spot (30 total)

Shooting Workout Postseason 2020 (wk 3)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

Baseline Series = 5 times through, 15 makes from EACH corner (total of 30 makes)

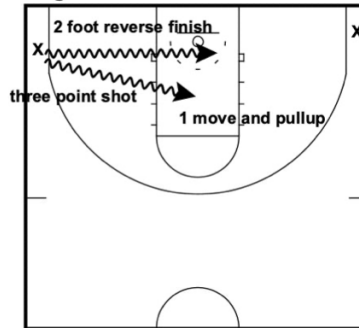
One two-foot reverse finish at the rim (triple threat rip and go)

One move and pull-up jumper to the middle of the paint

One three point shot

FT's - 5 makes

Shooting Workout Postseason 2020 (wk 3)



Complete this baseline series 5 times through of :
makes each on both sides of the floor

Wing Series = 5 times through, 15 makes on EACH Wing (total of 30 makes)

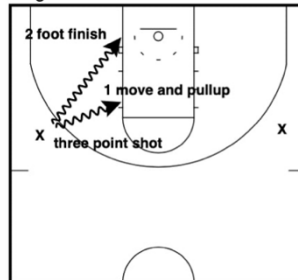
One two-foot finish at the rim (triple threat rip and go)

One move and pull-up jumper

One three point shot (self toss)

FT's - 10 makes

Shooting Workout Postseason 2020 (wk 2)



Complete this wing series 5 times through of 3
makes each on both sides of the floor

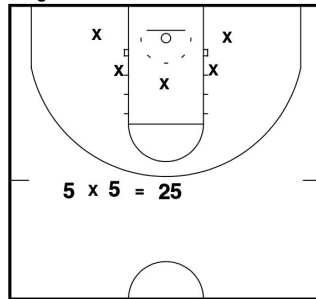
Workout 4 - (200 make workout)

Warmup Shots - 25 makes

Post Series - Get Middle Power Hooks (10 left and 10 right) - 20 makes

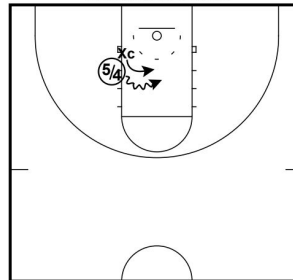
FT's - 5 makes

Shooting Workout Postseason 2020 (pg 1)



5 shots at 5 warmup spots

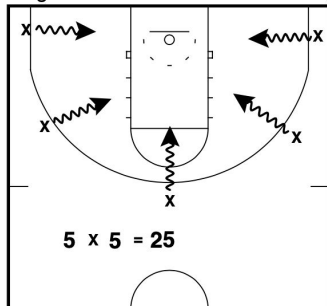
Get Middle Series



2) Get middle power hook
Move: Two dribbles to get straight across to middle
Finish: Jump Hook

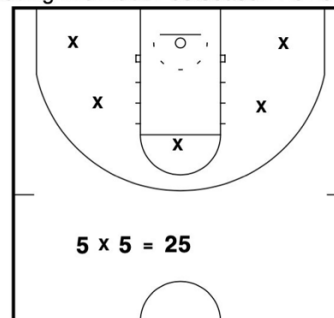
One Dribble Pull-ups - 25 makes
Jab Step and Shoot (15 footers) - 25 makes
FT's - 5 makes

Shooting Workout Postseason 2020 (pg 1)



5 one dribble pullups at 5 spots (alternate going left and right)

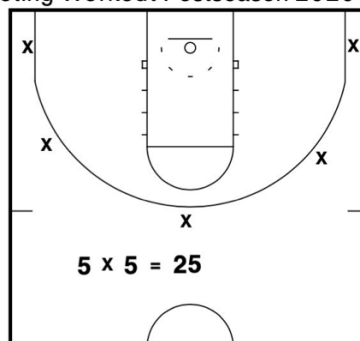
Shooting Workout Postseason 2020 (pg 1)



Jab step and shoot 15 footers

Catch and Shoot three point shots (either with a rebounder or self toss) - 25 makes

Shooting Workout Postseason 2020 (pg 1)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

Transition threes (pullup jumpers) - 10 makes each spot, 30 total

FT's - 15 makes

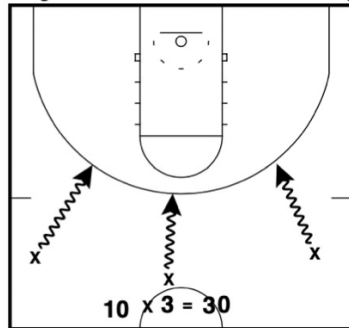
Elbow Series = 5 times through, 15 makes on EACH elbow (total of 30 makes)

One two-foot finish at the rim (triple threat rip and go)

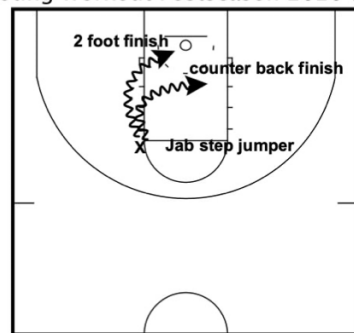
One counter back finish

One jab step jumper

Shooting Workout Postseason 2020 (wk 3) Shooting Workout Postseason 2020 (wk 4)



Transition threes - pullup jumpers 10 makes each spot (30 total)



Complete this elbow series 5 times through of 3 makes each on both sides of the floor

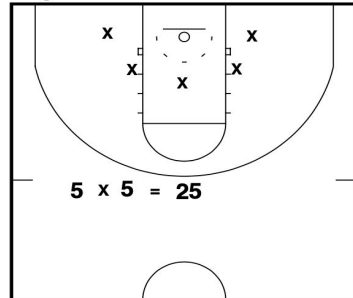
Workout 5 - (200 make workout)

Form Warmup Shots - 25 Form Shots makes

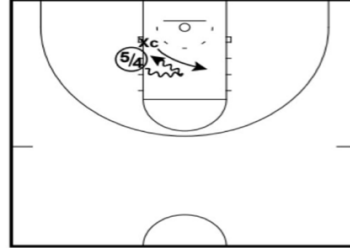
Post Series - Get Middle Counter Back (10 left and 10 right) - 20 makes

FT's - 5 makes

Shooting Workout Postseason 2020 (pg 1)



5 shots at 5 warmup spots



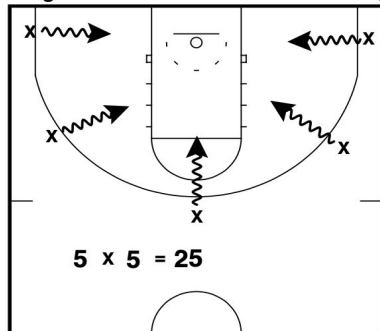
5) Get middle counter back
Move: Two quick dribbles middle, to quick spin baseline
- Drop baseline foot as working middle to make move quick
Finish: layup

One Dribble Pullups - 25 makes

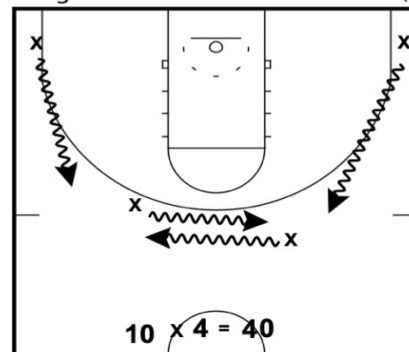
Self-Toss Threes - 40 makes

FT's - 5 makes

Shooting Workout Postseason 2020 (pg 1) Shooting Workout Postseason 2020 (wk 5)



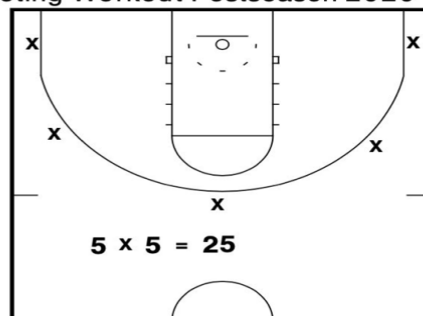
5 one dribble pullups at 5 spots (alternate going left and right)



Self-toss threes - 10 makes each spot (40 total)

Catch and Shoot three point shots (either with a rebounder or self toss) - 2 times through 50 make

Shooting Workout Postseason 2020 (pg 1)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

Top of the Key Series = 5 times through, 20 makes on EACH side of the floor (total of 30 makes)

One two-foot finish at the rim (triple threat rip and go)

One counter back finish

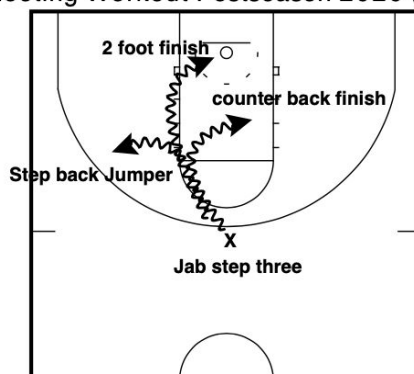
One step back Jumper

One jab step jumper

Top of Key Series - 40 makes

FT's - 10 makes

Shooting Workout Postseason 2020 (wk 5)



Complete this top of the key series 10 times through (5 time through on each side of the floor, 4 makes each)

Steve Nash 20 Minute Shooting Workout

"If every basketball player worked as hard as me, I would be out of a job" - Steve Nash

Introduction:

There will be no chart to accompany this workout. The reason being is that in 20 minutes you won't have time to chart your makes. The focus is on an intense, non-stop 20-minute shooting workout.

This workout is fantastic for all guards who are time poor.

Want to get in a workout during lunch time at school? Want to get in a workout during your lunch break at work? This is the perfect workout for those occasions.

In just 20 minutes you'll be taking game shots at game speed, all while improving your conditioning (And we all know how important it is to shoot while fatigued!).

How to Perform This Workout:

There are two issues you might work out before starting this workout...

1. How to keep track of the time - If you can use the scoreboard on your court that's fantastic but not all players can. Instead, I've used the countdown timer on my iPad and stood it up so the players can see it.

2. How to remember which drills and when to change - I highly recommend you find a friend/parent/coach/teammate to help you out. They can call out when to change drills and what to do from the sideline. It helps! But if you, can't it's not that hard to remember as most flow into each other. I've memorized it!

The Steve Nash 20 Minute Shooting Workout:

20:00 - 19:00: Form shooting - Anywhere inside the key. Focus on good form. Let's see

the ball goes in the ring early!

19:00 - 18:00: Midrange shots from baseline - Gradually move out and continue switching sides on every shot.

18:00 - 17:30: Midrange bank shots - Slide up the court a bit and continue making midrange shot but now use the backboard.

17:30 - 17:00: Shots from the elbow - Move to the elbow and shoot jump shots. Make sure you continue switching sides!

17:00 - 15:30 - Runners in the lane - Start from the college three-point line, take a couple of dribbles and shoot a floater.

15:30 - 14:00: Hesitation dribble pull-up shot - Start from the college, three-point line, one dribble hesitation moves into a jump shot.

14:00 - 13:00: Fadeaway's from the block off right shoulder - This means that on each block your pivot foot will always be your right.

13:00 - 12:00: Fadeaway's from the block off left shoulder - This means that on each block your pivot foot will always be your left.

12:00 - 11:00: Jump hooks from each block - Staying on the block, perform jump hooks going either way.

11:00 - 9:00: 1-dribble pull-up jump shot - From the top of the key take one dribble either way into a jump shot. Make sure you go both left and right!

9:00 - 7:30: 1-dribble spin jump shot - From the top of the key take one dribble either way, perform a spin move then into a jump shot. Make sure you go both left and right!

7:30 - 5:00: College three pointers - Shoot from the college three-point line. No specific area. Shoot from where the ball is closest to.

5:00 - 3:30: 1-dribble step backs - From the college three-point line, take one dribble and perform an step back jump shot.

3:30 1:30 Simulation pick-and-roll jump shots - From the college three-point line, pretend you're the guard in a pick and roll situation. Use the pick and come off for a jump shot.

1:30 - 0:00: NBA three pointers - Shoot from the NBA three-point line. If you're still young and have to change your form to shoot threes from the NBA line, stay at the college line.

Overtime: If you still have some gas left in the tank. Keep shooting those three's while you're tired.

Double Overtime: Free throws! - Ok I admit I added this one... but now that you're tired it's the perfect opportunity to make 20 free throws.

*Shooting Workout created by Steve Nash.
Shooting Workout PDF created by Coach Mac*

Shooting Workouts

200 Made Shots Shooting Workout:

1. **Mikan Drill** – 20 makes.
2. **Form Shooting:** One Hand – 3 Feet Out – 10 makes.
3. **Form Shooting:** One Hand – 5 Feet Out – 10 makes.
4. **Form Shooting:** One Hand – 7 Feet Out – 10 makes.
5. **Free Throws** – 10 makes.
6. **Elbow to Elbow** – 20 makes.
7. **5 Spot Midrange** – 25 makes.
8. **5 Spot Three Pointers** – 25 makes.
9. **Free Throws** – 10 Makes
10. **1-Dribble Pull Up** – Four at Each Spot – 20 makes.
11. **Free Throws** – 10 makes.
12. **1-Dribble Pull Up** – Four at Each Spot – 20 makes.
13. **Free Throws** – 10 makes.

Circuit Shooting Workout

- Can do as an individual with a designated passer or with another player.
- All 10 stations make complete one round. Try improving at each station every round.
- Move immediately onto the next drill until you've completed the entire round.
- Emphasis on shot technique and mechanics, free throw routine, positive first step and not over dribbling, staying square and balanced, proper footwork on cuts, and keeping eyes on target on escape dribble three pointers.

1. Form Shooting 3 feet from rim.

- Three spots around the ring: both sides and front. Must be swish. Focus on form.
 - Beginner - 2 at each spot
 - Intermediate - 3 at each spot
 - Advanced - 4 at each spot

2. Mid-Range Game Shooting from anywhere in the mid-range (about 10 - 15 ft).

- Time limit of 3 - 5 minutes. If over allocated time, move onto next drill.

- Start on 0 points. Add 1 point on a make and subtract 1 point on a miss.
- The goal is to get to +10. If you get to -10 you lose.
 - Beginner - +1 on a make. -1 on a miss.
 - Intermediate - +1 on a make. -2 on a miss.
 - Advanced - +1 on a make. -3 on a miss.

3. Consecutive Free Throws

- Must make required amount of free throws consecutively.
 - Once you get to correct amount, don't stop until a miss.
 - Beginner – 3
 - Intermediate - 4
 - Advanced - 5

4. Elbow Jumpers Off the Dribble

- Start 40-50 ft away.
- Dribble hard and make a move at three-point line (crossover, through-the-legs, behind-the back), then into either a 1-2 step pull up shot from the elbow, or a step back jump shot from the elbow (step back off inside foot).
 - - Beginner - 3 each side
 - - Intermediate - 4 each side
 - - Advanced - 5 each side -

5. Form Balance Shooting 3 feet from rim.

- Same as regular form shooting but used for balance. Quick release off two-foot moves. Should take eight shots.
 - 1. On one foot.
 - 2. One foot, touch the ball to the ground, shoot.
 - 3. One-foot, lateral hop (left to right, then back to starting spot), shoot.
 - 4. Alternate feet and repeat 1 - 3.
 - 5. Two feet, lateral hop, (left to right, then back to starting spot), shoot.
 - 6. Two feet, 180 degree turn jumps.

6. Consecutive Free Throws

- Must make required number of free throws consecutively. Once you get to correct amount, don't stop until a miss.
 - Beginner - 3
 - Intermediate - 4
 - Advanced - 5

7. Three Point Game

- - Same as mid-range game except from three-point line.
- - Time limit of 3 - 5 minutes. If over allocated time, move onto next drill.
- - Start on 0 points. Add 1 point on a make and subtract 1 point on a miss. The goal is to get to +10. If you get to -10 you lose.
 - Beginner - +1 on a make. -1 on a miss.
 - Intermediate - +1 on a make. -2 on a miss.
 - Advanced - +1 on a make. -3 on a miss.

8. Form Shooting 3 feet from rim.

- Three spots around the ring: both sides and front. Must be swish. Focus on form.
 - Beginner - 2 at each spot
 - Intermediate - 3 at each spot
 - Advanced - 4 at each spot

9. Escape Dribble

- 3-Pointers Slight ball fake and then lateral one-dribble into open space for three-point shot.
- From 5 spots. Both baselines, both wings, and top.
 - Beginner - 1 shot left or right from each spot.
 - Intermediate - 2 shots left or right from each spot.
 - Advanced - 3 shots left or right from each spot.