

Spot Shooting Workout

Equipment: Basketball, Hoop, Cones, Record Sheet

- Start with the one handed shooting drill. Start 5 feet from the front of the rim. You must make 10 perfect swish shots before you can move on.
1. **Lay-ups** – Place cones at the top of the key extended. Start at the right hand cone and shoot a right-handed lay-up. Rebound and dribble with your left hand around the other cone and shoot a left-handed lay-up. Rebound and dribble with your right hand around the right cone. Continue right and left until you have shot a total of 10 lay-ups. Record the number made out of 10.
 2. **Free Throws** – Shoot 10 and record the number made.
 3. **Wing Shots** – Place the cones at the wing positions. Shoot ten wing shots moving from wing to wing. Record the number made out of 10.
 4. **Free Throws** – Shoot 10 and record the number made.
 5. **Corner Shots** – Place the cones at the corner positions. Shoot 10 corner shots moving from corner to corner. Record the number made out of 10.
 6. **Free Throws** – Shoot 10 and record the number made.

7. **Elbow Shots** – Place the cones at the elbows. Shoot 10 elbow shots moving from elbow to elbow. Record the number made out of 10.

8. **Free Throws** – Shoot 10 and record the number made.

9. **Blocks** – Start at the right block. Shoot 10 block shots moving side to side. Record the number made out of 10.

10. **Free Throws** – Shoot 10 and record the number made.

11. **Top Of The Key** – Place the cone at the top of the key. Shoot 10 shots from this spot. Record the number made out of 10.

12. **Free Throws** – Shoot 10 and record the number made.