

## 300 Shot Workout

20 Mikan Layups (10 with each hand)

20 Short Bank Shots –10 from each side (about 10 feet)

10 Free-throws

10 baskets off the dribble

- Spinout, Catch and face, Fake (jab), 2 dribbles to the RIGHT

10 baskets off the dribble

- Spinout, Catch and face, Fake (jab), 2 dribbles to the LEFT

10 Free-throws

20 Drop-step Power Layups (10 each hand)

30 baskets off of the catch

- Spin the ball to yourself, catch and shoot (with good footwork)

20 layups

- Start at the right elbow and dribble in and finish a right handed layup. Get your rebound and dribble to the left elbow and finish a left handed layup.

10 Free-throws

10 Jumpers from the right baseline (dribble or catch)

10 Jumpers from the left baseline (dribble or catch)

20 Jump-hooks from block, drop step to the middle (10 each hand)

10 Free-throws

10 Jumpers from the elbow

30 Jumpers from the wing (15 from each side, about 15 feet)

10 Free-throws

20 Three pointers

20 shots from everywhere – (Just shoot the basketball with intensity)

