

## **GAME SHOOTING 1 - WORKOUT 1**

\*Feel free to substitute makes with shots taken

- 1) Shot Reboot Workout 1, 2, 3, 4, or 5
- 2) One Dribble to Elbow - 10 makes
- 3) Repeat One Dribble to Elbow, but do it from right wing - 10 makes
- 4) Repeat One Dribble to Elbow, but do it from left wing - 10 makes
- 5) Shot Fake One Dribble Pull Up - 10 makes
- 6) Repeat Shot Fake One Dribble Pull Up but do it from right wing - 10 makes
- 7) Repeat Shot Fake One Dribble Pull Up but do it from left wing - 10 makes

## **GAME SHOOTING 1 - WORKOUT 2**

\*Feel free to substitute makes with shots taken

- 1) Shot Reboot Workout 1, 2, 3, 4, or 5
- 2) One Dribble to Elbow - 10 makes
- 3) Repeat One Dribble to Elbow, but do it from right wing - 10 makes
- 4) Repeat One Dribble to Elbow, but do it from left wing - 10 makes
- 5) Shot Fake One Dribble Pull Up - 10 makes
- 6) Repeat Shot Fake One Dribble Pull Up but do it from right wing - 10 makes
- 7) Repeat Shot Fake One Dribble Pull Up but do it from left wing - 10 makes
- 8) Shot Fake - Slide Step - 10 makes
- 9) Repeat Shot Fake Slide Step, but do it from right wing - 10 makes
- 10) Repeat Shot Fake Slide Step, but do it from left wing - 10 makes

## **GAME SHOOTING 1 - WORKOUT 3**

\*Feel free to substitute makes with shots taken

- 1) Shot Reboot Workout 1, 2, 3, 4, or 5
- 2) One Dribble to Elbow - 10 makes
- 3) Repeat One Dribble to Elbow, but do it from right wing - 10 makes
- 4) Repeat One Dribble to Elbow, but do it from left wing - 10 makes
- 5) Shot Fake One Dribble Pull Up - 10 makes
- 6) Repeat Shot Fake One Dribble Pull Up but do it from right wing - 10 makes
- 7) Repeat Shot Fake One Dribble Pull Up but do it from left wing - 10 makes
- 8) 3 Cone Shooting Drill - left side of floor - 10 makes
- 9) 3 Cone Shooting Drill - right side of floor - 10 makes