

# **Game Shooting 2 Workouts**

## **WORKOUT 1**

\*Feel free to substitute makes with shots taken

- 1) Shot Reboot Workout 1, 2, 3, 4, or 5
- 2) Ball Screen Pull Up (top of key) - 10 makes
- 3) Ball Screen Hesitate and Go (top of key) - 10 makes
- 4) Ball Screen Pull Up (right side of court) - 10 makes
- 5) Ball Screen Hesitate and Go (right side of court) - 10 makes
- 6) Ball Screen Pull Up (left side of court) - 10 makes
- 7) Ball Screen Hesitate and Go (left side of court) - 10 makes

## **WORKOUT 2**

\*Feel free to substitute makes with shots taken

- 1) Shot Reboot Workout 1, 2, 3, 4, or 5
- 2) Ball Screen Split to Attack (top of key) - 10 makes
- 3) Ball Screen Split to Pull Up (top of key) - 10 times
- 4) Ball Screen Split Hesitate and Go (top of key) - 10 times
- 5) Ball Screen Split to Attack (right side of court) - 10 makes
- 6) Ball Screen Split to Pull Up (right side of court) - 10 times
- 7) Ball Screen Split Hesitate and Go (right side of court) - 10 times
- 8) Ball Screen Split to Attack (left side of court) - 10 makes
- 9) Ball Screen Split to Pull Up (left side of court) - 10 times
- 10) Ball Screen Split Hesitate and Go (left side of court) - 10 times

## **WORKOUT 3**

\*Feel free to substitute makes with shots taken

- 1) Shot Reboot Workout 1, 2, 3, 4, or 5
- 2) Transition - Pull up Threes (right side of the court) - 10 makes
- 3) Transition - Pull up Threes (left side of the court) - 10 makes
- 4) Transition - Pull up Threes (top of the key) - 10 makes
- 5) Transition - Hesitate and go (right side of the court) - 10 makes
- 6) Transition - Hesitate and go (left side of the court) - 10 makes
- 7) Transition - Hesitate and go (top of the key) - 10 makes