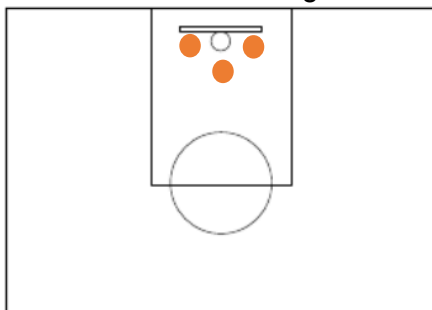


# Shooter's Workout

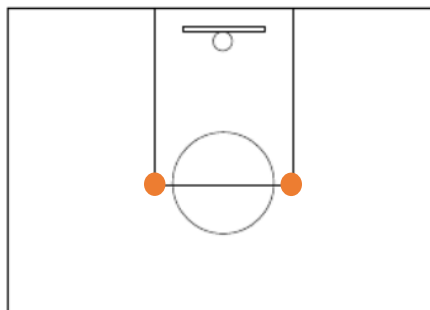
## 60 Minute

TIME	DRILL	REPS/RESULT	COMMENTS
Warmup 5 Minutes	Jump Rope		
Form Shooting 10 Minutes	Start one foot from front of rim (practice from all three sides) focus on form and mechanics. Goal to make 10 from each spot		
10-Footers 10 Minutes	Move all three spots out 10 feet. Goal to make 15 from each spot.		
Elbow to Elbow 10 Minutes	Shoot from Elbow to Elbow (corner of the free throw line) Goal to make 15 from each side.		
Elbow to Wing 10 minutes	Shoot on left side elbow to wing follow by elbow to wing on the right side. 5 each spot or ten from each side.		
Long Range 10 Minutes	Select the appropriate long range for your ability. Pick from three different spots on the court.		
Free Throws 5 Minutes	20 Free Throws		

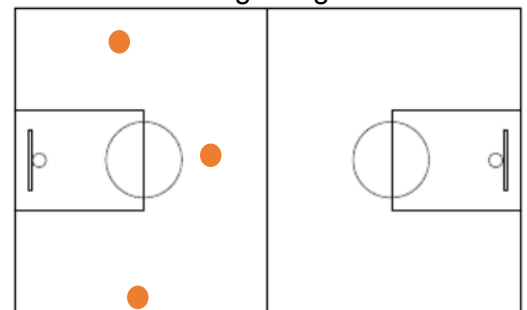
Form Shooting



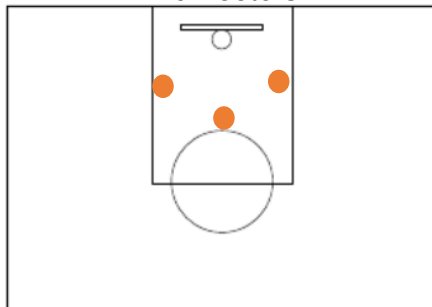
Elbow to Elbow



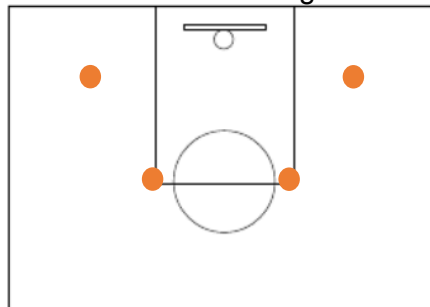
Long Range



10-Footers



Elbow to Wing



Free Throws

