

Basic Guard Shooting Workout

"I use my scoring ability to be a better passer, and my passing ability to become a better scorer."

- Steve Nash

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 3ft	5	5 /	5 /	5 /	5 /	5 /	5 /
Form Shooting: 3ft	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
X Out Layups	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Chair Attack: In-and-Out, Drive	8	8 /	8 /	8 /	8 /	8 /	8 /
Chair Attack: In-and-Out, Shot	4	4 /	4 /	4 /	4 /	4 /	4 /
Chair Attack: Crossover, Drive	8	8 /	8 /	8 /	8 /	8 /	8 /
Chair Attack: Crossover, Shot	4	4 /	4 /	4 /	4 /	4 /	4 /
Chair Attack: Through-the-Legs, Drive	8	8 /	8 /	8 /	8 /	8 /	8 /
Chair Attack: Through-the-Legs, Shot	4	4 /	4 /	4 /	4 /	4 /	4 /



Chair Attack: Behind-the-Back, Drive	8	8 /	8 /	8 /	8 /	8 /	8 /
Chair Attack: Behind-the-Back, Shot	4	4 /	4 /	4 /	4 /	4 /	4 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
PnR Guard: Drive	8	8 /	8 /	8 /	8 /	8 /	8 /
PnR Guard: 2-Dribble Pull-Up	8	8 /	8 /	8 /	8 /	8 /	8 /
PnR Guard: Step Back Three	4	4 /	4 /	4 /	4 /	4 /	4 /
PnR Guard: Deny Screen, Drive	8	8 /	8 /	8 /	8 /	8 /	8 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Left Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Right Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Pull-Up: Left Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Pull-Up: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Pull-Up: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /



1-Dribble Pull-Up: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Pull-Up: Right Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Left Corner	3	3 /	3 /	3 /	3 /	3 /	3 /
Three-Point Shots: Left Wing	3	3 /	3 /	3 /	3 /	3 /	3 /
Three-Point Shots: Top of Key	3	3 /	3 /	3 /	3 /	3 /	3 /
Three-Point Shots: Right Wing	3	3 /	3 /	3 /	3 /	3 /	3 /
Three-Point Shots: Right Corner	3	3 /	3 /	3 /	3 /	3 /	3 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Total:	196 Made Shots	196 /	196 /	196 /	196 /	196 /	196 /



Basic Guard Workout Instructions

Overview: The Basic Workout is a workout consisting of 196 made shots that focus on scoring out of the pick-and-roll, driving to the basket, and outside shooting. This is a great workout for all guards.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 10 Made Shots — Make 10 shots shooting from 3ft away from the basket.

Form Shooting 5ft — 5 Made Shots — Make 5 shots shooting from 5ft away from the basket.

Form Shooting 7ft — 5 Made Shots — Make 5 shots shooting from 7ft away from the basket.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

X- Out Layups — 10 Made Shots — X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this until 10 made layups.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Chair Attack Series — 48 Made Shots — Begin this drill by placing a chair or cone on each wing at the three-point line. The player will then attack one of the chairs off the dribble by performing a move that will lead into a layup or a jump shot. Each time they rebound the basketball, they then dribble out to the other side and attack the chair on the opposite wing. You must make the following moves:

- In-and-out, drive x8
- In-and-out, jump shot x4
- Crossover, drive x8
- Crossover, jump shot x4
- Through-the-legs, drive x8
- Through-the-legs, jump shot x4
- Behind-the-back, drive x8
- Behind-the-back, jump shot x4



Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Pick and Roll Series — 28 Made Shots — Start by placing 1 chair on each wing. Switching sides after each shot, perform the following moves off the pick and roll for the set amount of made shots:

- Drive to the basket - 8 makes.
- 2-dribble pull-up - 8 makes.
- Step back, three-point shot - 4 makes.
- Deny screen, drive - 8 makes.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

Midrange Shooting — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots from midrange distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

1- Dribble Pull-Up — 25 Made Shots — Starting in the left corner, make 5 shots at each of the 5 spots starting from the three-point line. The five spots are left corner, left wing, top of the key, right wing, right corner.

Three-Point Shooting — 15 Made Shots — Starting in the left corner, make 3 shots at each of the 5 spots from three-point distance. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.

