

200 Made Shots Shooting Workout

"Do your best when no one is looking. If you do that, then you can be successful in anything that you put your mind to."

- Bob Cousy

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Mikan Drill	20	20 /	20 /	20 /	20 /	20 /	20 /
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 5ft	5	5 /	5 /	5 /	5 /	5 /	5 /
Form Shooting: 7ft	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /
Block to Block	20	20 /	20 /	20 /	20 /	20 /	20 /
Elbow to Elbow	20	20 /	20 /	20 /	20 /	20 /	20 /
Midrange Shots: Left Corner	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 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /



Three-Point Shots: Left Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Right Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Pull-Up: Left Corner	4	4 /	4 /	4 /	4 /	4 /	4 /
1-Dribble Pull-Up: Left Wing	4	4 /	4 /	4 /	4 /	4 /	4 /
1-Dribble Pull-Up: Top of Key	4	4 /	4 /	4 /	4 /	4 /	4 /
1-Dribble Pull-Up: Right Wing	4	4 /	4 /	4 /	4 /	4 /	4 /
1-Dribble Pull-Up: Right Corner	4	4 /	4 /	4 /	4 /	4 /	4 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
2-Dribble Pull-Up: Left Corner	4	4 /	5 /	5 /	5 /	5 /	5 /
2-Dribble Pull-Up: Left Wing	4	4 /	4 /	4 /	4 /	4 /	4 /
2-Dribble Pull-Up: Top of Key	4	4 /	4 /	4 /	4 /	4 /	4 /
2-Dribble Pull-Up: Right Wing	4	4 /	4 /	4 /	4 /	4 /	4 /



2-Dribble Pull-Up: Right Corner	4	4 /	4 /	4 /	4 /	4 /	4 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /
Total:	200 Made Shots	200 /	200 /	200 /	200 /	200 /	200 /



200 Made Shots Workout

Instructions

Overview: A 200 made shots workout for any player looking to improve their shooting. This workout works on basic outside shooting from the midrange and three-point line. Great workout if you want to get some shots up!

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Mikan Drill — 20 Made Shots — Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues for the 20 made shots.

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 — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Block to Block — 20 Made Shots — Continuous jump shots swapping from block to block until you've made 20 shots.

Elbow to Elbow — 20 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 20 shots.

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.

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

Three-Point Shooting — 25 Made Shots — Starting in the left corner, make 5 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.

1- Dribble Pull-Up — 20 Made Shots — Starting in the left corner, make 4 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.

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

2- Dribble Pull-Up — 20 Made Shots — Starting in the left corner, make 4 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.

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

