

300 Made Shots Shooting Workout

"Nobody should expect more of you than you expect of yourself."

- Carmelo Anthony

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
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	5	5 /	5 /	5 /	5 /	5 /	5 /
Mikan Drill	20	20 /	20 /	20 /	20 /	20 /	20 /
Block to Block	10	10 /	10 /	10 /	10 /	10 /	10 /
Wing to Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Elbow to Elbow	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Fake Series: Shot Fake, Drive	5	5 /	5 /	5 /	5 /	5 /	5 /
Fake Series: Jab Step, Drive	5	5 /	5 /	5 /	5 /	5 /	5 /
Fake Series: 1-Dribble Shot	5	5 /	5 /	5 /	5 /	5 /	5 /



Fake Series: Jab Step, 1-Dribble Shot	5	5 /	5 /	5 /	5 /	5 /	5 /
Fake Series: Shot Fake, 2-Dribble Shot	5	5 /	5 /	5 /	5 /	5 /	5 /
Fake Series: Shot Fake, Shoot	5	5 /	5 /	5 /	5 /	5 /	5 /
Fake Series: Jab Step, Shoot	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /
Right Low Post: Drop Step	5	5 /	5 /	5 /	5 /	5 /	5 /
Right Low Post: Jump Hook	5	5 /	5 /	5 /	5 /	5 /	5 /
Right Low Post: Fade Away	5	5 /	5 /	5 /	5 /	5 /	5 /
Right Low Post: Up-and-Under	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Left Low Post: Drop Step	5	5 /	5 /	5 /	5 /	5 /	5 /
Left Low Post: Jump Hook	5	5 /	5 /	5 /	5 /	5 /	5 /
Left Low Post: Fade Away	5	5 /	5 /	5 /	5 /	5 /	5 /
Left Low Post: Up-and-Under	5	5 /	5 /	5 /	5 /	5 /	5 /
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 the 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 /
1-Dribble Shots: Left Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Shots: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Shots: Top of the Key	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Shots: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble 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 the 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	10	10 /	10 /	10 /	10 /	10 /	10 /
Transition Pull-Up: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Transition Pull-Up: Top of the Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Transition Pull-Up: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /
Total:	300 Made Shots	300 /	300 /	300 /	300 /	300 /	300 /



300 Made Shots Workout

Instructions

Overview: A 300 made shots workout for any player looking to improve their shooting. This workout works on outside shooting from the midrange and three-point line, low post moves, and also incorporates a series of specifically focusing on making fakes out of triple threat.

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.

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.

Block to Block — 10 Made Shots — Continuous jump shots swapping from block to block until you've made 10 shots.

Wing to Wing — 10 Made Shots — Continuous jump shots swapping from wing to wing until you've made 10 shots.

Elbow to Elbow — 10 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 10 shots.

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

Fake Series — 40 Shots — During the fake series, after each shot you will rebound the basketball and then dribble to the three-point line before spinning the basketball back to yourself and getting in triple threat position. From triple threat, make 5 shots using each of the following moves:



- Shot fake, drive.
- Jab step, drive.
- Shot fake, 1-dribble shot.
- Jab step, 1-dribble shot.
- Shot fake, 2-dribble shot.
- Jab step, 2-dribble shot.
- Shot fake, shoot.
- Jab step, shoot.

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

Right Low Post — 20 Made Shots — From the right low post, make 5 shots using each of the following low-post moves:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

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

Left Low Post — 20 Made Shots — From the left low post, make 5 shots using each of the following low-post moves:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

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.

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

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.

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

Transition Pull-Ups — 15 Made Shots — Starting at half-court, dribble towards the basket at game-speed and make 5 pull-up shots varying from three-point range to midrange from the left wing, top of the key, and the right wing.

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

