

# Kids Shooting Workout #1

*"I thought I was done after practice. The USA guys taught me that after practice I need to work on my game."*

*- Anthony Davis*

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	2	2 /	2 /	2 /	2 /	2 /	2 /
X-Out Layups	10	10 /	10 /	10 /	10 /	10 /	10 /
Layup Series: Left Corner	6	6 /	6 /	6 /	6 /	6 /	6 /
Layup Series: Left Wing	6	6 /	6 /	6 /	6 /	6 /	6 /
Layup Series: Top of Key	6	6 /	6 /	6 /	6 /	6 /	6 /
Layup Series: Right Wing	6	6 /	6 /	6 /	6 /	6 /	6 /
Layup Series: Right Corner	6	6 /	6 /	6 /	6 /	6 /	6 /
Beat Jamal Crawford. Free Throw Shooting(+2 for a make, -1 for a miss)	Start on 10 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
Midrange Shots: Left Corner	3	3 /	3 /	3 /	3 /	3 /	3 /



Midrange Shots: Left Wing	3	3 /	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Left Elbow	3	3 /	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Free Throw Line	3	3 /	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Right Elbow	3	3 /	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Right Wing	3	3 /	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Right Corner	3	3 /	3 /	3 /	3 /	3 /	3 /
Beat Jamal Crawford. Free Throw Shooting (+2 for a make, -1 for a miss)	Start on 10. 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
<b>Total:</b>	<b>83 Made Shots</b>	83 /	83 /	83 /	83 /	83 /	83 /



# Fun For Kids #1 Workout Instructions

Overview: The fun for kid's workouts are created for players still learning the game that aren't capable of shooting from outside of midrange yet. With only 83 made shots, it's a fun and quick workout for any young kid that loves basketball!

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 — 2 Made Shots — Using your complete free-throw routine, make 2 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.

Layup Series — 30 Made Shots — During the layup series you must make 6 layups beginning from outside the three-point line at each of the 5 spots. The five spots are left corner, left wing, top of the key, right wing, right corner. Make sure you attack the basket! The 6 layups you must make are:

- Right-hand layup x2
- Left-hand layup x2
- Floater x2

Beat Jamal Crawford — Free-Throw Shooting — Compete against Jamal Crawford shooting free throws. Make sure you use your full routine every time you step to the free-throw line. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Midrange Shooting — 21 Made Shots — Starting in the left corner, make 3 shots at each of the 7 spots from midrange distance. The seven spots are left corner, left wing, left elbow, top of the key, right elbow, right wing, right corner.



Beat Jamal Crawford — Free-Throw Shooting — Compete against Jamal Crawford shooting free throws. Make sure you use your full routine every time you step to the free-throw line. Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

