

Kids Shooting Workout #2

"I want to be known as the best teammate ever."

- Kevin Garnett

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Progression Form Shooting	15	15 /	15 /	15 /	15 /	15 /	15 /
X-Out Layups	10	10 /	10 /	10 /	10 /	10 /	10 /
X-Out Floaters	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	2-in-a-row						
Midrange Shots: Left Corner	2-in-a-row						
Midrange Shots: Left Wing	2-in-a-row						
Midrange Shots: Top of Key	2-in-a-row						
Midrange Shots: Right Wing	2-in-a-row						
Midrange Shots: Right Corner	2-in-a-row						
Free Throws	2-in-a-row						
Chair Attack Series: In-and-Out, Drive	4	4 /	4 /	4 /	4 /	4 /	4 /



Chair Attack Series: In-and-Out, Shot	2	2 /	2 /	2 /	2 /	2 /	2 /
Chair Attack Series: Crossover, Drive	4	4 /	4 /	4 /	4 /	4 /	4 /
Chair Attack Series: Crossover, Shot	2	2 /	2 /	2 /	2 /	2 /	2 /
Chair Attack Series: Through-the-Legs, Drive	4	4 /	4 /	4 /	4 /	4 /	4 /
Chair Attack Series: Through-the-Legs, Shot	2	2 /	2 /	2 /	2 /	2 /	2 /
Chair Attack Series: Behind-the-Back, Drive	4	4 /	4 /	4 /	4 /	4 /	4 /
Chair Attack Series: Behind-the-Back, Shot	2	2 /	2 /	2 /	2 /	2 /	2 /
Free Throws	2-in-a-row						
2-Dribble Pull-Up: Left Corner	3	3 /	3 /	3 /	3 /	3 /	3 /
2-Dribble Pull-Up: Left Wing	3	3 /	3 /	3 /	3 /	3 /	3 /
2-Dribble Pull-Up: Top of the Key	3	3 /	3 /	3 /	3 /	3 /	3 /
2-Dribble Pull-Up: Right Wing	3	3 /	3 /	3 /	3 /	3 /	3 /
2-Dribble Pull-Up: Right Corner	3	3 /	3 /	3 /	3 /	3 /	3 /
Free Throws	2-in-a-row						
Total:	84 Made Shots	84 /	84 /	84 /	84 /	84 /	84 /



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Instructions

Overview: The kid's workouts are created for players still learning the game that aren't capable of shooting from outside of midrange yet. This workout consists of only 84 shots and provides the challenge and pressure of making 2 shots in a row on some drills.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

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

Progression Form Shooting — 15 Made Shots — Begin this drill 3ft away from the basket. Every time you make a shot, you take one step back. Keep shooting and attempt to get as far away from the ring as possible. Every time you miss, you must start again from 3ft. Continue shooting until you've made 15 shots.

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.

X- Out Floaters — 10 Made Shots — X-out floaters 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 floater. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed floater, then they rebound and dribble out to the right elbow again. Continue this until 10 made floaters.

Free Throws — 2 In-a-Row — Using your complete free-throw routine, make 2 free-throws in a row.

Midrange Shooting — 2 In-a-Row x5 — Starting in the left corner, make 2 shots in-a-row 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 — 2 In-a-Row — Using your complete free-throw routine, make 2 free-throws in a row.



Chair Attack Series — 24 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 following shots amount of shots off each dribble move:

- In-and-out, drive x4.
- In-and-out, jump shot x2.
- Crossover, drive x4.
- Crossover, jump shot x2.
- Through-the-legs, drive x4.
- Through-the-legs, jump shot x2.
- Behind-the-back, drive x4.
- Behind-the-back, jump shot x2.

Free Throws — 2 In-a-Row — Using your complete free-throw routine, make 2 free-throws in a row.

2- Dribble Pull-Up — 15 Made Shots — Starting in the left corner, make 3 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 — 2 In-a-Row — Using your complete free-throw routine, make 2 free-throws in a row.

