

Beat the Pro's Shooting Workout

"I'm not out there sweating for 3 hours just to find out what it's like to sweat."

- Michael Jordan

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 /
Midrange Shots: Left Corner	3	3 /	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Left Wing	3	3 /	3 /	3 /	3 /	3 /	3 /
Midrange Shots: Top of Key	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 Michael Jordan. Midrange Shots (+1 for make, -1 for miss)	Start on 10 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
Beat Steph Curry. Three-Point Shots (+3 for make, -1 for miss)	Start on 10 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
Beat Chris Paul. Floaters (+1 for make, -1 for miss)	Start on 10 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose



Beat Tim Duncan. Post Hook Shots (+1 for make, -1 for miss)	Start on 10 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
Beat Kobe Bryant. Post Fade Aways (+2 for make, -1 for miss)	Start on 10 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
Beat Kevin Durant. Shot Fake, 1-Dribble Jump Shots (+2 for make, -1 for miss)	Start on 10 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
Beat Russell Westbrook. 2- Dribble Pull-Ups (+3 for make, -1 for miss)	Start on 10 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose
Beat Jamal Crawford. Free Throws (+1 for make, -1 for miss)	Start on 10 20 = Win 0 = Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose	Win / Lose



Beat the Pro's Workout Instructions

Overview: The Beat the Pro's Workout is a workout is a fun workout that combines a lot of fun challenges with shooting practice. Players must play a shooting game using a plus/minus points system against different superstars using a variety of shots.

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.

Midrange Shooting — 15 Made Shots — Starting in the left corner, make 3 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.

Beat Michael Jordan — Midrange Shooting — Compete against Michael Jordan in midrange shooting. You can take the midrange shots from anywhere on the floor. Begin the challenge on 10 points. For every made shot, you add one point 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.

Beat Steph Curry — Three-Point Shooting — Compete against Steph Curry in three-point shooting. You can take the three-point shots from anywhere behind the three-point line. Begin the challenge on 10 points. For every made shot, you add three 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.

Beat Chris Paul — Floaters — Compete against Chris Paul shooting floater layups. For every shot, you must begin outside the three-point line and then drive hard to the basket before pulling up for the floater. Begin the challenge on 10 points. For every made shot, you add one point 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.

Beat Tim Duncan — Post Hook Shots — Compete against Tim Duncan in the post shooting hook shots. Switching blocks after each shot, shoot hook shots from both



block with your right and left hand. Begin the challenge on 10 points. For every made shot, you add one point 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.

Beat Kobe Bryant — Fade Away Shots — Compete against Kobe Bryant in fade away shooting. Switching blocks after each shot, shoot fade aways from both blocks making sure to turn left and right. 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.

Beat Kevin Durant — 1-Dribble Jump Shots — Compete against Kevin Durant shooting 1-dribble jump shots. Begin each shot behind the three-point line before taking 1 long dribble and pulling up for the shot. 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.

Beat Russell Westbrook — 2-Dribble Jump Shots — Compete against Russell Westbrook shooting 2-dribble jump shots. Begin each shot behind the three-point line before taking 2 long dribbles and pulling up for the shot. 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.

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 one point 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.

