

# Get 'Em Up Shooting Workout

*"I practice to the point that it's uncomfortable how hard I go. That way, in a game, things slow down."*

*- Steph Curry*

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	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Left Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Top of the Key	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Right Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Right Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Pull Up: Left Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
1-Dribble Pull Up: Left Wing	10	10 /	10 /	10 /	10 /	10 /	10 /



<b>1-Dribble Pull Up: Top of the Key</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /	10 /
<b>1-Dribble Pull Up: Right Wing</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /	10 /
<b>1-Dribble Pull Up: Right Corner</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /	10 /
<b>Free Throws</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /	5 /
<b>Three-Point Shots: Left Corner</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /	10 /
<b>Three-Point Shots: Left Wing</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /	10 /
<b>Three-Point Shots: Top of the Key</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /	10 /
<b>Three-Point Shots: Right Wing</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /	10 /
<b>Three-Point Shots: Right Corner</b>	<b>10</b>	10 /	10 /	10 /	10 /	10 /	10 /
<b>Free Throws</b>	<b>5</b>	5 /	5 /	5 /	5 /	5 /	5 /
<b>Total:</b>	<b>190 Made Shots</b>	360 /	360 /	360 /	360 /	360 /	360 /



# Get 'Em Up Workout Instructions

Overview: The Get 'Em Up workout is a simple but incredibly effective workout. There are no fancy drills. Anyone can do it!

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 — 50 Made Shots — Starting in the left corner, make 10 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 Shooting — 50 Made Shots — Starting in the left corner, make 10 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 — 50 Made Shots — Starting in the left corner, make 10 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.

