

Off-Ball Shooting Workout

"If all I'm remembered for is being a good basketball player, then I've done a bad job with the rest of my life."

- Isiah Thomas

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Progressive Form Shooting	25	25 /	25 /	25 /	25 /	25 /	25 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Wing to Corner	20	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Elbow to Elbow	20	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Wing to Corner	20	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Pull-Ups: Wing to Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Pull-Ups: Elbow to Elbow	10	10 /	10 /	10 /	10 /	10 /	10 /



Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
1-Dribble Pull-Ups: Wing to Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Wing to Corner	15	15 /	15 /	15 /	15 /	15 /	15 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots	3 Minutes						
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots	3 Minutes						
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Total:	190 Made Shots	190 /	190 /	190 /	190 /	190 /	190 /



Off-Ball Workout Instructions

Overview: The Off-Ball Workout consists of 190+ made shots. The focus of the workout is on shooting a high volume of shots off the catch from the midrange and three-point area.

You Will Need:

- One basketball
- A partner makes the workout easier although it can be completed alone by spinning the basketball back to yourself before each shot.

WORKOUT INSTRUCTIONS:

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

Progression Form Shooting — 25 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 25shots.

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

Midrange Shooting — Left Wing to Left Corner — 20 Made Shots — Switch between the left wing and left corner after each shot. Continue shooting until you've made 20 shots.

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

Midrange Shooting — Elbow to Elbow — 20 Made Shots — Switch between the left elbow and right elbow after each shot. Continue until you've made 20 shots.

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

Midrange Shooting — Right Wing to Right Corner — 20 Made Shots — Switch between the right wing and right corner after each shot. Continue shooting until you've made 20 shots.

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

1-Dribble Pull-Ups — Left Wing to Left Corner — 10 Made Shots — Switch between the left wing and left corner after each shot. Continue shooting until you've made 10 shots.



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

1-Dribble Pull-Ups — Elbow to Elbow — 10 Made Shots — Switch between the left extended elbow and right extended elbow after each shot. Continue until you've made 10 shots.

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

1- Dribble Pull-Ups — Right Wing to Right Corner — 10 Made Shots — Switch between the right wing and right corner after each shot. Continue shooting until you've made 10 shots.

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

Three-Point Shots - Left Wing to Left Corner — 15 Made Shots — Switch between the left wing and left corner after each shot. Continue shooting until you've made 15 shots.

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

Three-Point Shots — Elbow to Elbow — 15 Made Shots — Switch between the left extended elbow and right extended elbow after each shot. Continue until you've made 15 shots.

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

Three-Point Shots — Right Wing to Right Corner — 15 Made Shots — Switch between the right wing and right corner after each shot. Continue shooting until you've made 15 shots.

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

Midrange Shots — 3 Minutes — Shoot as many midrange shots as you can in 3 minutes. Make sure to add up your total made shots in this time and write it down.

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

Three-Point Shots — 3 Minutes — Shoot as many three-point shots as you can in 3 minutes. Make sure to add up your total made shots in this time and write it down.

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

