

Sweat It Out Shooting Workout

"If you get tough mentally, you can get tough mentally and overcome fatigue."

- Pat Riley

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 /
X-Out Layups	10	10 /	10 /	10 /	10 /	10 /	10 /
X-Out Floaters	10	10 /	10 /	10 /	10 /	10 /	10 /
Block to Block	20	20 /	20 /	20 /	20 /	20 /	20 /
Elbow to Elbow	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Suicide Shooting: Layups	5	5 /	5 /	5 /	5 /	5 /	5 /
Suicide Shooting: Midrange Shots	5	5 /	5 /	5 /	5 /	5 /	5 /
Suicide Shooting: Three-Point Shots	5	5 /	5 /	5 /	5 /	5 /	5 /



Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Suicide Shooting: Layups	5	5 /	5 /	5 /	5 /	5 /	5 /
Suicide Shooting: Midrange Shots	5	5 /	5 /	5 /	5 /	5 /	5 /
Suicide Shooting: Three-Point Shots	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Corner to Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Three-Point Shots: Corner to Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Wing to Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Three-Point Shots: Wing to Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Top of Key	10	10 /	10 /	10 /	10 /	10 /	10 /
Three-Point Shots: Top of Key	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Total:	185 Made Shots	185 /	185 /	185 /	185 /	185 /	185 /



Sweat it Out Workout Instructions

Overview: The Sweat it Out workout combines conditioning with shooting the basketball. While only 185 made shots, the suicide running before shooting is sure to wear out even the fittest of basketball players. You sprint during games; so you must sprint during workouts!

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.

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.

Block to Block — 20 Made Shots — Continuous jump shots swapping from block to block until you've made 20 shots.

Elbow to Elbow — 10 Made Shots — Continuous jump shots swapping from elbow to elbow until you've made 10 shots.

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

Suicide Shooting: Layups — 5 Made Shots — Start at half-court and dribble in at full-pace for the layup. Immediately grab the rebound and dribble to the free-throw line at



the other end of the court before returning for another layup. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 madelayups.

Suicide Shooting: Midrange — 5 Made Shots — Start at half-court and dribble in at full-pace for the pull-up midrange shot. Immediately grab the rebound and dribble to the free-throw line at the other end of the court before returning for another midrange shot. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 made midrange shots.

Suicide Shooting: Three-Pointers — 5 Made Shots — Start at half-court and dribble in at full-pace for the pull-up three-point shot. Immediately grab the rebound and dribble to the free-throw line at the other end of the court before returning for another three-point shot. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 made three-point shots.

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

Suicide Shooting: Layups — 5 Made Shots — Start at half-court and dribble in at full-pace for the layup. Immediately grab the rebound and dribble to the free-throw line at the other end of the court before returning for another layup. Then do the same again for full court, then the free-throw line again, and then finally half-way again for a total of 5 madelayups.

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

Midrange Shooting — Left Corner to Right Corner — 10 Made Shots — Switch between the left corner and right corner after each shot. Continue shooting until you've made 10 shots.

Three-Point Shooting — Left Corner to Right Corner — 10 Made Shots — Switch between the left corner and right corner after each shot. Continue shooting until you've made 10 shots.

Midrange Shooting — Left Wing to Right Wing — 10 Made Shots — Switch between the left wing and right wing after each shot. Continue shooting until you've made 10 shots.



Three-Point Shooting — Left Wing to Right Wing — 10 Made Shots — Switch between the left wing and right wing after each shot. Continue shooting until you've made 10 shots.

Midrange Shooting — Top of the Key — 10 Made Shots — Shoot midrange shots from the top of the key. Continue shooting until you've made 10 shots.

Three-Point Shooting — Top of the Key — 10 Made Shots — Shoot three-point shots from the top of the key. Continue shooting until you've made 10 shots.

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

