

In-A-Row Shooting Workout

I never the left court saying I could have done more to get ready or given more than I just gave."

- Michael Jordan

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	5-in-a-row						
Form Shooting: 5ft	4-in-a-row						
Form Shooting: 7ft	3-in-a-row						
Free Throws	3-in-a-row						
Mikan Layups	20-in-a-row						
X-Out Layups	10-in-a-row						
Block to Block	10-in-a-row						
Elbow to Elbow	4-in-a-row						
Free Throws	3-in-a-row						
Low Post: Jump Hook	4-in-a-row						
Low Post: Drop Step	8-in-a-row						
Low Post: Up-and-Under	8-in-a-row						



Low Post: Fade Away Shot	3-in-a-row						
Low Post: Reverse Pivot, Shot	4-in-a-row						
Free Throws	3-in-a-row						
Midrange Shots: Left Corner	3-in-a-row						
Midrange Shots: Left Wing	3-in-a-row						
Midrange Shots: Top of Key	3-in-a-row						
Midrange Shots: Right Wing	3-in-a-row						
Midrange Shots: Right Corner	3-in-a-row						
Free Throws	3-in-a-row						
1-Dribble Pull Up: Left Corner	3-in-a-row						
1-Dribble Pull Up: Left Wing	3-in-a-row						
1-Dribble Pull Up: Top of Key	3-in-a-row						
1-Dribble Pull Up: Right Wing	3-in-a-row						
1-Dribble Pull Up: Right Corner	3-in-a-row						
Free Throws	3-in-a-row						
Three-Pointers: Left Corner	2-in-a-row						



Three-Pointers: Left Wing	2-in-a-row						
Three-Pointers: Top of Key	2-in-a-row						
Three-Pointers: Right Wing	2-in-a-row						
Three-Pointers: Right Corner	2-in-a-row						
Free Throws	4-in-a-row						
Total:							



In-a-Row Workout Instructions

Overview: The In-a-Row Workout is a workout is a fun workout that combines the challenge of making a certain amount of shots in a row with shooting practice. This workout is great for putting your players under shooting pressure.

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 5 in-a-row — Make 5 shots in a row from 3ft away from the basket.

Form Shooting 5ft — 4 in-a-row — Make 4 shots in a row from 5ft away from the basket.

Form Shooting 7ft — 3 in-a-row — Make 3 shots in a row from 7ft away from the basket.

Free Throws — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

Mikan Layups — 20 in-a-row — Stand under the basket facing the baseline. Begin on the right side and shoot a right-handed layup. As soon as the basketball falls through the net, catch it while keeping your hands up. Immediately go into a left handed layup on the other side. This continues until the player has made 20 mikan layups in a row.

X- Out Layups — 10 in-a-row — 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 the player has made 10 in a row.

Block to Block — 10 in-a-row — Continuous jump shots swapping from block to block until you've made 10 in a row.

Elbow to Elbow — 4 in-a-row — Continuous jump shots swapping from elbow to elbow until you've made 4 in a row.

Free Throws — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

Low Post Jump Hook — 4 in-a-row — Switching from side-to-side after each shot, make 4 jump hook shots in a row.

Low Post Drop Step — 8 in-a-row — Switching from side-to-side after each shot, make 8 drop step shots in a row.



Low Post Up-and-Under — 8 in-a-row — Switching from side-to-side after each shot, make 8 up-and-under shots in a row.

Low Post Fade Away — 3 in-a-row — Switching from side-to-side after each shot, make 3 fade away shots in a row.

Low Post Reverse Pivot, Shot — 4 in-a-row — Switching from side-to-side after each shot, make 4 reverse pivot shots in a row.

Free Throws — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

Midrange Shooting — 3 in-a-row x 5 — Starting in the left corner, make 3 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 — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

1- Dribble Pull-Up Shooting — 3 in-a-row x 5 — Starting in the left corner, make 3 shots in-a-row using the 1-dribble pull-up from each of the 5 spots. The five spots are left corner, left wing, top of the key, right wing, right corner.

Free Throws — 3 in-a-row — Using your complete free-throw routine, make 3 free-throws in a row.

Three-Point Shooting — 2 in-a-row x 5 — Starting in the left corner, make 2 shots in-a-row 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 — 4 in-a-row — Using your complete free-throw routine, make 4 free-throws in a row.

