

Long-Range Sniper Shooting Workout

"Trying to get by on talent is a fatal mistake."

- Pete Maravich

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	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Left Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots: Right Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Left Corner	3-in-a-row						
Three-Point Shots: Left Wing	3-in-a-row						



Three-Point Shots: Top of Key	3-in-a-row						
Three-Point Shots: Right Wing	3-in-a-row						
Three-Point Shots: Right Corner	3-in-a-row						
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Shot Fake, 1-Dribble Three-Pointer: Left Corner	2-in-a-row						
Shot Fake, 1-Dribble Three-Pointer: Left Wing	2-in-a-row						
Shot Fake, 1-Dribble Three-Pointer: Top of Key	2-in-a-row						
Shot Fake, 1-Dribble Three-Pointer: Right Wing	2-in-a-row						
Shot Fake, 1-Dribble Three-Pointer: Right Corner	2-in-a-row						
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Deep Three-Pointers: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Deep Three-Pointers: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Deep Three-Pointers: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shooting	3 Minutes						
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /



Three-Point Shooting	3 Minutes						
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /
Total:	110 Made Shots	110 /	110 /	110 /	110 /	110 /	110 /



Long-Range Sniper Workout

Instructions

Overview: The Long-Range Sniper workout is for players committed to developing a great long-distance shot. After a quick warm-up from close and midrange, the main focus of this workout is shooting the three-point shot.

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 — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

Midrange Shooting — 25 Made Shots — Starting in the left corner, make 5 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.

Three-Point 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 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.

Shot Fake, 1-Dribble, Three-Point Shooting — 2 in-a-row x 5 — For this drill players must shot fake, take 1 dribble to the left or right making sure to stay behind the three-point arc, and then shoot the three-point shot. 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 — 5 Made Shots — Using your complete free-throw routine, make 5 free-throws.



Deep Three-Point Shooting — 15 Made Shots — Take one extra step back from the three-point line and make 5 shots from each of the three spots. The three spots are the left wing, top of the key, and right wing. If a player can't do this, shoot from the regular three point line.

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

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

Free Throws — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

