

Three-Point Specialist Shooting Workout

"My confidence in games comes from my preparation every day in practice and shoot arounds. It's all about being prepared."

- Ray Allen

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 5ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Midrange Shots	20	20 /	20 /	20 /	20 /	20 /	20 /
Three-Point Shots: Left Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Right Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /	2 /
Three-Point Shots: Corner to Corner	10	10 /	10 /	10 /	10 /	10 /	10 /



Three-Point Shots: Wing to Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /	2 /
Shot Fake, 1-Dribble Three-Pointer: Left Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Shot Fake, 1-Dribble Three-Pointer: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Shot Fake, 1-Dribble Three-Pointer: Top of the Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Shot Fake, 1-Dribble Three-Pointer: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Shot Fake, 1-Dribble Three-Pointer: Right Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /	2 /
Transition Three- Pointer: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Transition Three- Pointer: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Transition Three- Pointer: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /	2 /
Deep Three-Pointer: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Deep Three-Pointer: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Deep Three-Pointer: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /



Total:	163 Made Shots	163 /	163 /	163 /	163 /	163 /	163 /
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Three-Point Specialist Workout

Instructions

Overview: The Three-Point Bomber workout is for players committed to becoming great three-point shooters. The workout consists of 163 made shots including a variety of ways to score from beyond the three-point line.

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 — 10 Made Shots — Make 10 shots shooting from 5ft away from the basket.

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

Midrange Shooting — 20 Made Shots — Shoot midrange shots from anywhere on the floor until you reach 20 made shots.

Three-Point Shooting — 25 Made Shots — Starting in the left corner, make 5 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 — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

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.

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.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Shot Fake, 1-Dribble, Three-Point Shooting — 25 Made Shots — 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 5 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 — 2 Made Shots — Using your complete free-throw routine, make 2 free-throws.

Transition Three-Point Pull-Ups — 15 Made Shots — Starting at half-court, dribble towards the basket at game-speed and make 5 pull-up shots from the right wing, top of the key, and left wing for a total of 15 made shots.

Free Throws — 2 Made Shots — Using your complete free-throw routine, make 2 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 — 10 Made Shots — Using your complete free-throw routine, make 10 free-throws.

