

Advanced Guard Shooting Workout

"No matter how many shots you miss, you gotta always have the confidence that the next one is going in."

- Steph Curry

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 /
Midrange Shots: Corner to Elbow	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Elbow to Elbow	10	10 /	10 /	10 /	10 /	10 /	10 /
Midrange Shots: Elbow to Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Corner to Wings	5	5 /	5 /	5 /	5 /	5 /	5 /
Three-Point Shots: Wing to Wing	5	5 /	5 /	4 /	5 /	5 /	5 /
Three-Point Shots: Wing to Corner	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /



PnR Left Wing: 2-Dribble Jump Shots	7	7 /	7 /	7 /	7 /	7 /	7 /
PnR Top of Key: 2-Dribble Jump Shots	7	7 /	7 /	7 /	7 /	7 /	7 /
PnR Right Wing: 2-Dribble Jump Shots	7	7 /	7 /	7 /	7 /	7 /	7 /
PnR Left Wing: Step Back Three	5	5 /	5 /	5 /	5 /	5 /	5 /
PnR Top of Key: Step Back Three	5	5 /	5 /	5 /	5 /	5 /	5 /
PnR Right Wing: Step Back Three	5	5 /	5 /	5 /	5 /	5 /	5 /
PnR Left Wing: Drive and Finish	10	10 /	10 /	10 /	10 /	10 /	10 /
PnR Top of Key: Drive and Finish	10	10 /	10 /	10 /	10 /	10 /	10 /
PnR Right Wing: Drive and Finish	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Advanced Layup Series x2: Left Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Advanced Layup Series x2: Left Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Advanced Layup Series x2: Top of Key	10	10 /	10 /	10 /	10 /	10 /	10 /
Advanced Layup Series x2: Right Wing	10	10 /	10 /	10 /	10 /	10 /	10 /
Advanced Layup Series x2: Right Corner	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /



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	5	5 /	5 /	5 /	5 /	5 /	5 /
Transition Pull-Up: Left Elbow	10	10 /	10 /	10 /	10 /	10 /	10 /
Transition Pull-Up: Right Elbow	10	10 /	10 /	10 /	10 /	10 /	10 /
Transition Threes: Left Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Transition Threes: Top of Key	5	5 /	5 /	5 /	5 /	5 /	5 /
Transition Threes: Right Wing	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	10	10 /	10 /	10 /	10 /	10 /	10 /
Total:	281 Made Shots	281 /	281 /	281 /	281 /	281 /	281 /



Advanced Guard Workout

Instructions

Overview: The Advanced Guard Workout is a tough workout consisting of 281 made shots that focus on scoring out of the pick-and-roll, different ways of finishing at the basket, and outside shooting. This is a great workout for all advanced guards.

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.

Midrange Shooting — 30 Made Shots — In this drill you will perform 3 different sets of movements. You will have two points and you must keep switching between them and make 10 shots during each set.

- Set 1: Left corner to left elbow - 10 made shots.
- Set 2: Elbow to Elbow - 10 made shots.
- Set 3: Right corner to right elbow - 10 made shots.

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

Three-Point Shooting — 15 Made Shots — In this drill you will perform 3 different sets of movements. You will have two points and you must keep switching between them and make 5 shots during each set.

- Set 1: Left corner to left wing - 5 made shots.
- Set 2: Left wing to right wing - 5 made shots.
- Set 3: Right corner to right wing - 5 made shots.

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



Pick and Roll Series — 66 Made Shots — During the pick and roll series you will make 22 shots from 3 different spots on the floor. The left wing, top of the key, and the right wing. You must make the following shots at each of the 3 spots.

- 2-dribble jump shot x7
- Step back three-pointer x5
- Drive and finish x10

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

Advanced Layup Series — 50 Made Shots — During the advanced layup series you must make 10 layups beginning from outside the three-point line at each of the 5 spots. The five spots are left corner, left wing, top of the key, right wing, right corner. Make sure you attack the basket! The 5 layups you must make are:

- Right-hand layup.
- Left-hand layup.
- Reverse layup.
- Floater.
- Euro step.

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

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

Transition Pull-Ups from the Elbows — 20 Made Shots — Starting at half-court, dribble towards the basket at game-speed and make 10 pull-up shots from the right elbow and 10 pull-up shots from the left elbow.

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

