

30 Minute Guard Shooting Workout

"No one I know works harder than me. And no one I'll ever meet will ever outwork me. I just won't let that happen."

- Kevin Durant

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	1m						
Form Shooting: 5ft	1m						
Form Shooting: 7ft	1m						
Free Throws	1m						
X-Out Layups	1m						
Block to Block	1m						
Elbow to Elbow	1m						
Three-Point Shots	1m						
Free Throws	2m						
Rest	1m						
Low Post: Drop Step	1m						
Low Post: Jump Hook	1m						



Low Post: Fade Away	1m						
Low Post: Up-and-Under	1m						
Chair Attack: In-and-Out, Drive	1m						
Chair Attack: Crossover, Drive	1m						
Chair Attack: Through-the-Legs, Drive	1m						
Chair Attack: Behind-the-Back, Drive	1m						
Chair Attack: In-and-Out, Shot	1m						
Chair Attack: Crossover, Shot	1m						
Chair Attack: Through-the-Legs, Shot	1m						
Chair Attack: Behind-the-Back, Shot	1m						
Rest	1m						
Midrange Shots	2m						
Three-Point Shots	2m						
Free Throws	2m						
Total:	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins



30 Minute Guard Workout

Instructions

Overview: A 30 minute timed workout for the guard position. This workout has a focus of attacking and scoring off the dribble as well as outside shooting and some low-post practice.

You Will Need:

- A device to time the workout. This could be an iPhone, iPad, game-clock, stopwatch, etc.
- One basketball.
- 2 chairs or cones.

Caution with Timed Workouts: There are two major problems that arise when you perform timed workouts:

1. Knowing when to change drills and what to do next. You can use an iPad or iPhone with the clock showing to help you keep track of time. You don't want to be running to the piece of paper each time.
2. Tracking your results. With only one minute of shooting for most drills, that doesn't leave much time to mark down your results.

With that said, my recommendation is to only use a timed workout when you have someone else there (a parent, coach, or teammate) that can keep track of the time, mark down your results, and tell you which drill is next.

WORKOUT INSTRUCTIONS:

0:00 - 0:01 — Form Shooting 3ft: Shoot for 1 minute from 3ft away from the basket.

0:01 - 0:02 — Form Shooting 5ft: Shoot for 1 minute from 5ft away from the basket.

0:02 - 0:03 — Form Shooting 7ft: Shoot for 1 minute from 7ft away from the basket.

0:03 - 0:04 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:04 - 0:05 — X-Out Layups: 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 for 1 minute.



0:05 - 0:06 — Block to Block: Continuous jump shots swapping from block to block after every shot for 1 minute.

0:06 - 0:07 — Elbow to Elbow: Continuous jump shots swapping from elbow to elbow after each shot for 1 minute.

0:07 - 0:08 — Three-Point Shots: Shoot three-pointers from anywhere beyond the arc for 1 minute.

0:08 - 0:10 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes

0:10 - 0:11 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:11 - 0:15 — Low Block Post Moves: Switching from one side to the other, perform the following low post moves for 1 minute each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.

0:15 - 0:23 — Chair Attack Series: Begin this drill by placing a chair or cone on each wing at the three-point line. The player will then attack one of the chairs off the dribble by performing a move that will lead into a layup or a jump shot. Each time they rebound the basketball, they then dribble out to the other side and attack the chair on the opposite wing. Perform the following moves for 1 minute each.

- In-and-out, drive.
- In-and-out, jump shot.
- Crossover, drive.
- Crossover, jump shot.
- Through-the-legs, drive.
- Through-the-legs, jump shot.
- Behind-the-back, drive.
- Behind-the-back, jump shot.

0:23 - 0:24 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:24 - 0:26 —Midrange Shooting: Shoot midrange shots from anywhere on the floor for 2 minutes.

0:26 - 0:28 — Three-Point Shooting: Shoot three-pointers from anywhere beyond the arc for 2minutes.

0:28 - 0:30 — Free Throws: Using your complete free-throw routine, shoot free throws for 2minutes.

