

# 1 Hour Guard Shooting Workout

*"I got overlooked in high school and college. My main thing was to just outwork everybody."*

*- Damian Lillard*

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



Right Low Block: Jump Hook	1m						
Right Low Block: Fade Away	1m						
Right Low Block: Up-and-Under	1m						
Left Low Block: Drop Step	1m						
Left Low Block: Jump Hook	1m						
Left Low Block: Fade Away	1m						
Left Low Block: Up-and-Under	1m						
Free Throws	1m						
Rest	1m						
RW Chair Attack: In-and-Out, Drive	1m						
RW Chair Attack: In-and-Out, Jump Shot	1m						
RW Chair Attack: Crossover, Drive	1m						
RW Chair Attack: Crossover, Jump Shot	1m						
RW Chair Attack: Through-the-Legs, Drive	1m						
RW Chair Attack: Through-the-Legs, Jump Shot	1m						
RW Chair Attack: Behind-the-Back, Drive	1m						



<b>RW Chair Attack: Behind-the-Back, Jump Shot</b>	<b>1m</b>						
<b>Free Throws</b>	<b>1m</b>						
<b>Rest</b>	<b>1m</b>						
<b>LW Chair Attack: In-and-Out, Drive</b>	<b>1m</b>						
<b>LW Chair Attack: In-and-Out, Jump Shot</b>	<b>1m</b>						
<b>LW Chair Attack: Crossover, Drive</b>	<b>1m</b>						
<b>LW Chair Attack: Crossover, Jump Shot</b>	<b>1m</b>						
<b>LW Chair Attack: Through-the-Legs, Drive</b>	<b>1m</b>						
<b>LW Chair Attack: Through-the-Legs, Jump Shot</b>	<b>1m</b>						
<b>LW Chair Attack: Behind-the-Back, Drive</b>	<b>1m</b>						
<b>LW Chair Attack: Behind-the-Back, Jump Shot</b>	<b>1m</b>						
<b>Free Throws</b>	<b>1m</b>						
<b>Rest</b>	<b>1m</b>						
<b>Midrange Shot: Left Corner</b>	<b>30s</b>						
<b>Midrange Shot: Left Wing</b>	<b>30s</b>						
<b>Midrange Shot: Top of the Key</b>	<b>30s</b>						



Midrange Shot: Right Wing	30s						
Midrange Shot: Right Corner	30s						
Rest	1m						
1-Dribble Pull-Up: Left Corner	30s						
1-Dribble Pull-Up: Left Wing	30s						
1-Dribble Pull-Up: Top of Key	30s						
1-Dribble Pull-Up: Right Wing	30s						
1-Dribble Pull-Up: Right Corner	30s						
Rest	1m						
2-Dribble Pull-Up: Left Corner	30s						
2-Dribble Pull-Up: Left Wing	30s						
2-Dribble Pull-Up: Top of Key	30s						
2-Dribble Pull-Up: Right Wing	30s						
2-Dribble Pull-Up: Right Corner	30s						
Rest	1m						
Three-Point Shot: Left Corner	30s						



Three-Point Shot: Left Wing	30s						
Three-Point Shot: Top of Key	30s						
Three-Point Shot: Right Wing	30s						
Three-Point Shot: Right Corner	30s						
Rest	1m						
Deep Three-Point Shot: Left Corner	30s						
Deep Three-Point Shot: Left Wing	30s						
Deep Three-Point Shot: Top of Key	30s						
Deep Three-Point Shot: Right Wing	30s						
Deep Three-Point Shot: Right Corner	30						
<b>Total:</b>	<b>1 Hour</b>	<b>1 Hour</b>	<b>1 Hour</b>	<b>1 Hour</b>	<b>1 Hour</b>	<b>1 Hour</b>	<b>1 Hour</b>



# 1 Hour Guard Workout Instructions

Overview: A 1-hour timed workout for the guard position. This workout has a focus of attacking and scoring off the dribble as well as outside shooting from all over the floor.

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 - 0:05 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes.

0:05 - 0:06 — 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.

0:06 - 0:07 — Block to Block: Continuous jump shots swapping from block to block after every shot for 1 minute.



0:07 - 0:08 — Elbow to Elbow: Continuous jump shots swapping from elbow to elbow after each shot for 1 minute.

0:08 - 0:09 — Wing to Wing: Continuous jump shots swapping from wing to wing after each shot for 1 minute.

0:09 - 0:10 — Three-Point Shots: Shoot three-pointers from anywhere beyond the arc for 1 minute.

0:10 - 0:12 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes

0:12 - 0:13 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:13 - 0:17 — Right Low Block Post Moves: From the right block, perform the following post moves for 1 minute each:

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

0:17 - 0:21 — Left Low Block Post Moves: From the left block, perform the following post moves for 1 minute each:

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

0:21 - 0:22 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:22 - 0:23 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:23 - 0:31 — Right Wing Chair Attack: Begin this drill by placing a chair or cone at the three-point line on the right wing. Players will then attack the chair off the dribble by performing moves that will lead into a layup or a jump shot. 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.



0:31 - 0:32 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:32 - 0:33 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:33 - 0:41 — Left Wing Chair Attack: Begin this drill by placing a chair or cone at the three-point line on the left wing. Players will then attack the chair off the dribble by performing moves that will lead into a layup or a jump shot. 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.

0:41 - 0:42 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:42 - 0:43 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:43 - 0:45.30 — Midrange Shooting: Shoot for 30 seconds from each of the 5 different midrange spots on the floor.

0:45.30 - 0:46.30 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:46.30 - 0:49 — 1-Dribble Pull-Up: Begin at the three-point line and take a single dribble before pulling up for a midrange shot. Do this for 30 seconds at each of the 5 spots.

0:49 - 0:50 - Rest: Get a quick drink of water and catch your breath for 1 minute.

0:50 - 0:52.30 - 2-Dribble Pull-Up: Begin at the three-point line and take two dribbles before pulling up for a midrange shot. Do this for 30 seconds at each of the 5 spots.

0:52.30 - 0:53.30 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:53.30 - 0:56 — Three-Point Shooting: Shoot for 30 seconds from each of the five spots behind the three-point line.

0:56 - 0:57 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:57 - 0:59.30 — Deep Three-Point Shooting: Take one extra step back from the three-point line and shoot for 30 seconds from each of the five spots. If a player can't do this, shoot from the regular three point line.

