

100 Made Shots Shooting Workout

"Shooting 100 game speed shots is more valuable than 500 lazy shots. Lazy shooting is a waste of time."

- Jeff Hornacek

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	4	4 /	4 /	4 /	4 /	4 /	4 /
Block to Block	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /	2 /
Core 6 Series: Left Corner	6	6 /	6 /	6 /	6 /	6 /	6 /
Core 6 Series: Left Wing	6	6 /	6 /	6 /	6 /	6 /	6 /
Core 6 Series: Top of Key	6	6 /	6 /	6 /	6 /	6 /	6 /
Core 6 Series: Right Wing	6	6 /	6 /	6 /	6 /	6 /	6 /
Core 6 Series: Right Corner	6	6 /	6 /	6 /	6 /	6 /	6 /
Free Throws	2	2 /	2 /	2 /	2 /	2 /	2 /
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	2	2 /	2 /	2 /	2 /	2 /	2 /
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 /
Total:	100 Made Shots	100 /	100 /	100 /	100 /	100 /	100 /



100 Made Shots Workout Instructions

Overview: A 100 made shots workout for any player looking to improve their shooting. This workout works on basic outside shooting from the midrange and three-point line as well as adding in some drives. Great workout if you don't have much time and just want to get some shots up!

You Will Need:

- One basketball

WORKOUT INSTRUCTIONS:

Form Shooting 3ft — 3 Made Shots — Make 3 shots shooting from 3ft away from the basket.

Block to Block — 10 Made Shots — Continuous jump shots swapping from block to block until you've made 10 shots.

Core 6 Series — 6 Made Shots from 5 Spots — Make the following 6 shots starting from each of the 5 spots around the three-point line. The five spots are left corner, left wing, top of the key, right wing, right corner.

- Right-hand layup.
- Left-hand layup.
- 1-dribble pull-up going left.
- 1-dribble pull-up going right.
- Three-point shot x2

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

