

Billy Clapper Basketball

Shooting Workouts – May 2011

Workout #1	Midrange Shooting 90 Made Shots
<p>This workout is designed to improve your shooting ability from 10 to 15 feet from the basket off the catch and off the dribble (Each shot is off a spin out and pass unless noted off dribble)</p> <p>*10 Makes from Short Corner (Both Sides) *10 Makes from Elbow (Both Sides)</p> <p>*10 Makes anywhere in the lane area *10 Makes from Middle of FT Line</p> <p>*5 dribble pull ups at each block begin in corner – work on speed dribble and explosion into shot</p> <p>*5 dribble pull ups at the 2nd hash on both sides by lane begin on the wing</p> <p>*5 dribble pull ups in the Middle of the Lane – begin at the top of the key</p> <p>*5 dribble pull ups inside the Middle of FT line – begin at top of the key</p>	

Workout #2	Shooting off the Dribble 54 Made Shots
<p>This workout is designed to improve your shooting ability from 12 to 18 feet off an active and pull up dribble. In this workout you will use an active dribble and also a rip thru dribble which will begin out of triple threat position. For all of these shots you should begin outside the three point line.</p> <p>*3 Makes each off active dribble from inside Right Corner, Right Wing, Right Guard Spot, Left Guard Spot, Left Wing, and Left Corner -take several hard dribbles and pull up for shot 12 to 18 feet.</p> <p>*3 Makes each off Rip thru dribble (One hard dribble) from Right Corner, Right Wing, Right Guard Spot, Left Guard Spot, Left Wing, and Left Corner for shot 14 to 17 feet.</p> <p>*3 Makes each off combination dribble (use crossover, step back, between legs, inside out-half crossover) from inside Right Corner, Right Wing, Right Guard Spot, Left Guard Spot, Left Wing, and Left Corner –use several dribbles then pull up for shot 14 to 16 feet.</p>	

Workout #3	Spot Up Shooting 100 Made Shots
<p>This workout is designed to improve your shooting ability off the catch from 15 to 18 feet. In this workout you will shoot off the catch or a spin out. You want to work on your foot work to step in to each shot to explode off the floor.</p> <p>*5 Makes at each spot off catch or spin out from inside Right Corner, Right Wing, Right Guard Spot, Left Guard Spot, Left Wing, and Left Corner -from 15 feet going from spot to spot</p> <p>*5 Makes at each spot off catch or spin out from inside Right Corner, Right Wing, Right Guard Spot, Left Guard Spot, Left Wing, and Left Corner -from 18 feet going from spot to spot</p> <p>*5 Makes at each spot off catch or spin out from inside Right Corner, Right Wing, Right Guard Spot, Left Guard Spot, Left Wing, and Left Corner -from 3 point line going from spot to spot</p> <p>*10 Makes from the top of the key off catch or spin out from 3 point line</p>	

Workout #4	Attacking to Create 18 Made Shots
<p>This workout is designed to improve your ability to attack the basket at top speed to finish, to pull up off the dribble, or to use a dribble move to create your shot.</p> <p>*Begin at three feet behind the right guard spot</p> <ol style="list-style-type: none"> 1) Drive the ball to the basket off an active dribble as hard as you can and finish with right hand 2) Drive the ball off an active dribble and pull up at the elbow for a shot 3) Drive the ball off an active dribble to the elbow and cross over into lane for a shot in the lane <p>*Only makes count and repeat this cycle three times for a total of 9 makes</p> <p>* Complete the same drill from the left side of the court for a total of 9 makes</p>	