Shooting/Point Guard Individual Workout

* Do everything full speed. It is designed to take less than an hour. You may adjust the shot specifics depending on if you have a rebounder, a shooting gun or are by yourself. However, find a way to complete all the elements. If you need to do form shooting, or it is a part of your regular routine, add about 10 minutes to the workout for that purpose.

Ballhandling and Simmons Drill (continuous shot/head fakes)- should take about 10 minutes total
(Slap ball, fingertips, low dribbles, figure 8 dribbles, spider, around the waist, feet and head, scissors, etc...)

Shooting Sequence #1

10 makes on each part
   • 15’ shooting
     o 1 spot
     o Elbow/Elbow
     o Wing/Corner
   • 3’s
     o 1 spot
     o Elbow/Elbow
     o Wing/Corner

Ballhandling

Two ball sequence – 30 seconds for each
   • In front together
   • In front alternate
   • Side together
   • Side alternate
   • On side – back and forth together
   • Around the leg with one – stationary other
   • Switch
   • Zig –Zag
     o Cross over
     o Behind the back
     o Between the legs
     o Pull Back/Crossover

FT’s – Make 8

Shooting Sequence #2

5 makes on each part
   • Shot fake and one dribble pull up
     o Top – go left
     o Top - go right
     o Wing - go left
     o Wing – go right
   • 3’s
     o Top – go left
     o Top - go right
     o Wing - go left
     o Wing – go right

Ballhandling

(3) 30 second segments of Kill the Grass (head up, varied dribbles, kill all the grass with your feet and the ball- fast and quick)

Shooting Sequence #3- Transition Jumpers

7 makes on each part
   • Center circle touches
     o Top – go left
     o Top - go right

FT’s– Make 8 out of 10