



# LOCKDOWN SHOOTING CHALLENGES



# SHOTS TO WORK ON DURING EACH WORKOUT

1. FORM SHOOTING
2. RHYTHM SHOOTING
3. SPOT UP SHOOTING
4. OFF THE DRIBBLE
5. OFF THE MOVE
6. SHOTS OF GAME LIKE CUTS
7. FREE THROWS

## CHECK YOUR FORM

1. PROPER GRIP
2. WRIST SET
3. SHOT POCKET
4. STRAIGHT BACK
5. BENT KNEES
6. FEET UNDER SHOULDERS
7. TIME HANDS AND FEET TOGETHER

## POSE

1. SEE BETWEEN YOUR ARMS
2. ELBOW ABOVE YOUR EYE LINE
3. WRIST BROKEN
4. GUIDE HAND IN "CHOP" POSITION
5. FEET FINISH UNDER YOUR SHOULDERS





## GREAT SHOOTERS HAVE

- |              |                       |
|--------------|-----------------------|
| ✓ BALANCE    | ✓ FOOTWORK            |
| ✓ CONFIDENCE | ✓ MECHANICS           |
| ✓ HABITS     | ✓ WORK ETHIC          |
| ✓ FOCUS      | ✓ ATTENTION TO DETAIL |



# **FORM AND RHYTHM** **SHOOTING**

## **STATIC FORM SHOOTING**

-  **TAKE SHOTS JUST INSIDE OR AROUND THE PAINT**
-  **MAKE IT RANDOM AND ALWAYS MOVE TO A DIFFERENT SPOT**
-  **5 SWISHES OR BRAD ON EACH DRILL**
-  **BRAD: BACK RIM AND DOWN**

1. 3 finger shooting
2. 1 handed soft touch shots
3. 1 handed shots, keep ball above shooting eye, with guide hand next to ball
4. Add guide hand, keep ball above shooting eye
5. Shoot out of a triple threat position
6. Pound lifts (L&R)
7. Pound between the legs (L&R)
8. Pound behind the back (L&R)
9. Pound, combo (L&R)
10. Pound, Bob Cousy into shot (L&R)
11. Pound, turn hips to the basket (L&R)
12. 1 dribble pull up - 1,2 step (L&R)
13. 1 dribble off the hop - Off 2 feet (L&R)
14. Pound, side step (L&R)
15. Floot dribble into shot (L&R)
16. Set up dribble into shot (L&R)
17. In & out dribble into shot (L&R)
18. Combo moves in rhythm







## **KPI'S**

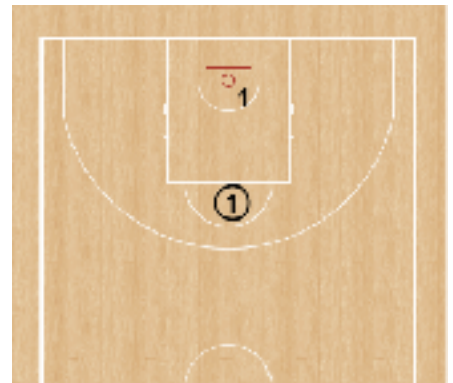
- CHECK YOUR FORM BEFORE SHOT**
- ALWAYS TAKE A SMALL JUMP AND KEEP BALANCE**
- CHECK YOUR POSE AFTER SHOT**









# SHOOTING CHALLENGES

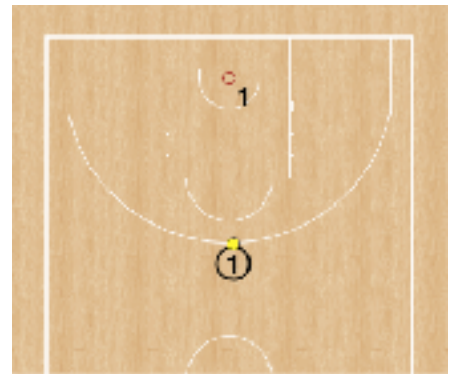
## LONGEST FREE THROW STREAK CHALLENGES

-  **LONGEST FREE THROW STREAKS**
-  **1 REBOUNDER + 1 BASKETBALL**
-  **SHOOT FOR 5 MIN**
-  Free throws
-  Free throws without missing 2 in a row
-  Free throw swishes





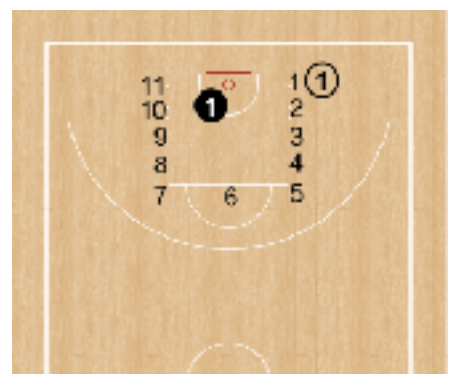
## LONGEST 3POINT STREAK CHALLENGES

-  **LONGEST 3POINT STREAKS**
-  **CHOOSE YOUR FAVORITE SPOT**
-  **1 REBOUNDER + 1 BASKETBALL**
-  **SHOOT FOR 5 MIN**
-  Three point without missing 2 in a row
-  Three point streak



## AROUND THE PAINT CHALLENGES

-  **SHOOT FROM THE 11 SPOTS**
-  **SCORE = NEXT SPOT**
- MISS = GO TO PREVIOUS SPOT**
-  **1 REBOUNDER + 1 BASKETBALL**
-  **TIMED**
-  Make 11 in a row
-  Midrange shots
-  Three point shots



## BEAT THE PRO FREE THROWS

- 🏀 EVERY SCORE IS 1 POINT
- 🏀 EVERY MISS IS MINUS 2
- 🏀 CAN'T GO UNDER ZERO
- 🏀 KEEP SHOOTING TILL YOU GOT 11
- 🏀 1 REBOUNDER + 1 BASKETBALL
- 🕒 TIMED



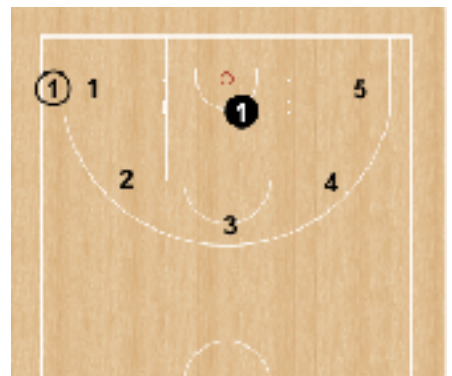
## BEAT THE PRO ALTERNATE 2's AND 3's

- 🏀 SHOOT ALTERNATE A MIDRANGE SHOT AND A 3
- 🏀 EVERY SCORE IS 1 POINT
- 🏀 EVERY MISS IS MINUS 1
- 🏀 KEEP SHOOTING TILL YOU HAVE 11 POINTS
- 🏀 2 REBOUNDER + 2 BASKETBALL
- 🕒 TIMED







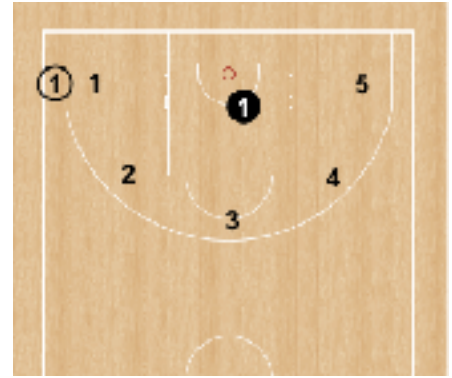
## 3 IN A ROW 2-3-2

- 🏀 5 SPOTS 3 ON 3
- 🏀 EVERY SHOT IS ALTERNATED WITH A 2P, 3P, 2P
- 🏀 1 REBOUNDER + 1 BASKETBALL
- 🕒 TIMED







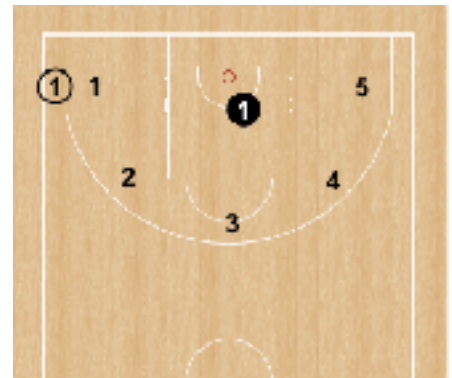
## 3 IN A ROW 3-2-3

-  5 SPOTS 3 ON 3
-  EVERY SHOT IS ALTERNATED WITH A 3P, 2P, 3P
-  1 REBOUNDER + 1 BASKETBALL
-  TIMED







## 3 IN A ROW 3-2-LAY UP

-  5 SPOTS, 3 STRAIGHT MAKES
-  MAKE A THREE POINT SHOT, MIDRANGE AND LAY UP FROM EVERY SPOT
-  1 REBOUNDER + 1 BASKETBALL
-  TIMED







## 10 SPOTS MIDRANGE 2 ON 2

-  10 SPOTS: 5 SPOTS + 2ND ROUND
-  2 ON 2 FROM EVERY SPOT
-  1 REBOUNDER + 1 BASKETBALL
-  TIMED







## 10 SPOTS THREE POINTERS 2 ON 2

-  10 SPOTS: 5 SPOTS + 2ND ROUND
-  2 ON 2 FOX EVERY SPOT
-  1 REBOUNDER + 1 BASKETBALL
-  TIMED






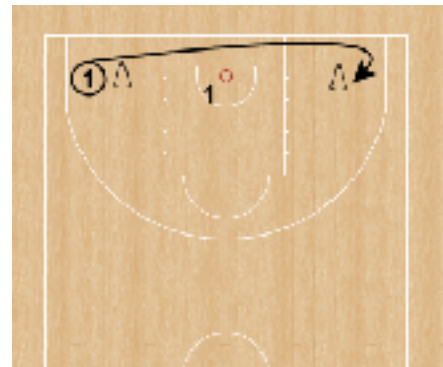
## BLOCK TO BLOCK BANK SHOTS

-  SPRINT FROM THE BLOCK TO THE BLOCK
-  MUST BANK THE SHOT
-  1 REBOUNDER + 1 BASKETBALL
-  SHOOT FOR 1 MIN 15






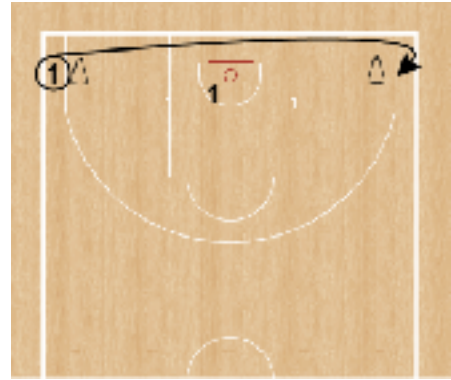
## SHORT CORNER TO SHORT CORNER

-  SPRINT FROM SHORT CORNER TO SHORT CORNER
-  1 REBOUNDER + 1 BASKETBALL
-  SHOOT FOR 1 MIN 15







## CORNER 3 TO CORNER 3

-  SPRINT FROM CORNER 3 TO CORNER 3
-  1 REBOUNDER + 1 BASKETBALL
-  SHOOT FOR 1 MIN 15










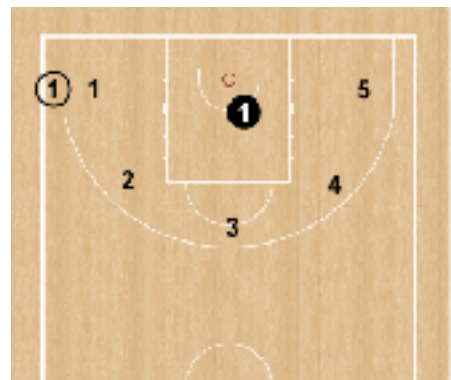
## SHUFFLE CONE TO CONE

-  SHUFFLE FROM CONE TO CONE
-  SHOOT ON INSIDE OF THE CONES
-  2 REBOUNDERS + 2 BASKETBALLS
-  SHOOT FOR 3 MIN








## 40 DRILL

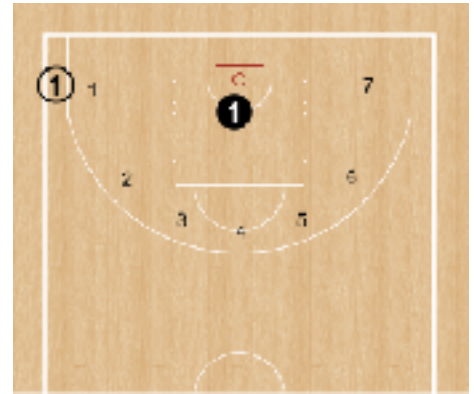
-  AFTER EVERY SHOT GO TO THE NEXT SPOT
-  SHOOT 5 THREES, EACH MAKE ARE 3 POINTS
-  SHOOT 5 LEFT HANDED PULL UPS EVERY MAKE ARE 2 POINTS
-  SHOOT 5 RIGHT HANDED PULL UPS EVERY MAKE ARE 2 POINTS
-  SHOOT 5 FREE THROWS EVERY MAKE IS 1 POINT
-  1 REBOUNDER + 1 BASKETBALL
-  COUNT YOUR SCORE: MAX SCORE IS 40








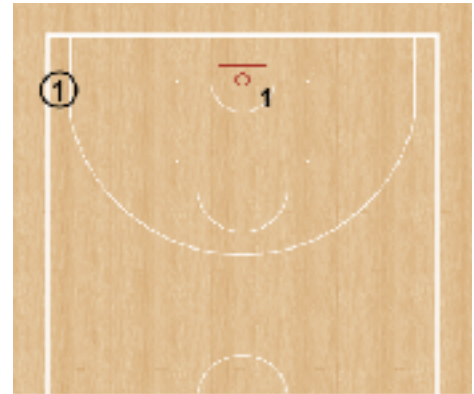
## 28 SHOOTING

-  7 SPOTS, 4 MAKES
-  CATCH AND SHOOT MIDRANGE, PULL UP LEFT + RIGHT AND A 3 POINTER
-  AFTER EVERY SPOTS MAKE 2 OUT OF 2 FREE THROWS
-  1 REBOUNDER + 1 BASKETBALL
-  TRY TO GET ALL 7 SPOTS DONE IN UNDER 10 MIN









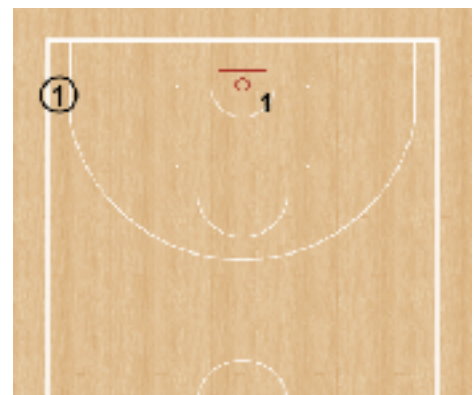
## 3 OUT OF 4 SHOOTING

-  5 SPOTS, MAKE 3 OUT OF 4 3POINTERS
-  KEEP SHOOTING TILL YOU MADE 3/4
-  AFTER EVERY SPOT MAKE 2/2 FREE THROWS
-  MISS A FREE THROW = GO BACK TO PREVIOUS SPOT
-  1 REBOUNDER + 1 BASKETBALL
-  FINISH UNDER 10 MIN







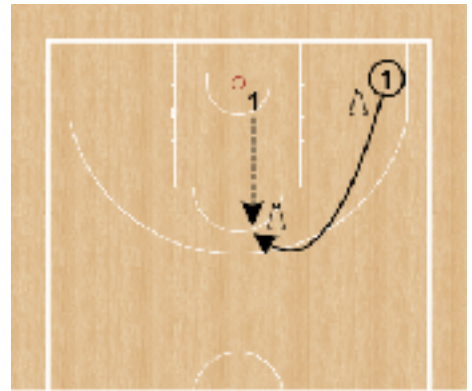
## 33 DRILL

-  ALWAYS SHOOT FROM A DIFFERENT SPOT
-  EVERY SCORE IS 1 POINT
-  EVERY MISS IS MINUS 1 POINT
-  TRY TO GET TO 33 POINTS
-  1 REBOUNDER + 1 BASKETBALL
-  FINISH UNDER 10 MIN







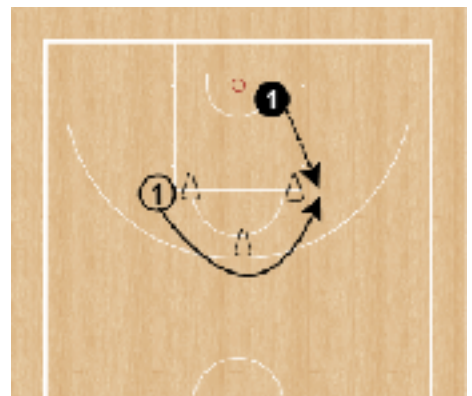
## CORNER TO TOP

-  **SPRINT FROM CORNER TO TOP AND FROM TOP TO CORNER**
-  **SHOOT FROM THE OUTSIDE OF THE CONE**
-  **1 REBOUNDER + 1 BASKETBALL**
-  **SHOOT FOR 1 MIN 15**








## ELBOW TO ELBOW

-  **SPRINT FROM THE ELBOW TO THE ELBOW**
-  **SHOOT FROM THE OUTSIDE OF THE CONE**
-  **1 REBOUNDER + 1 BASKETBALL**
-  **SHOOT FOR 1 MIN 15**







## CORNER DRIFTS

-  **PASS THE BALL TO THE THE TOP PLAYER**
-  **DRIFT FOR A MIDRANGE CORNER SHOT**
-  **THEN SPRINT BACK UP TO RECEIVE THE PASS**
-  **1 REBOUNDER + 1 PASSER + 2 BASKETBALLS**
-  **SHOOT FOR 1 MIN 15**








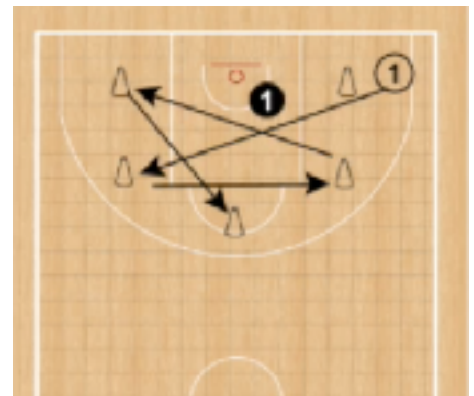
## AROUND THE CONE

-  SPRINT AROUND THE CONE
-  SHOOT FROM THE OUTSIDE OF THE CONE
-  2 REBOUNDERS + 2 BASKETBALLS
-  SHOOT FOR 1 MIN 15








## STAR DRILL

-  SHOOT 5 IN A ROW
-  AFTER EVERY MAKE YOU RUN TO THE NEXT CONE
-  KEEP SHOOTING TILL YOU MADE 5 IN A ROW
-  1 REBOUNDER + 1 BASKETBALL
-  TIMED







## 5 IN A ROW

-  3 SPOTS, MAKE 5 IN A ROW
-  EVERY SPOT YOU NEED TO MAKE 5 IN A ROW
-  IF YOU MISS START FROM THE FIRST CONE AGAIN
-  1 REBOUNDER + 1 BASKETBALL
-  TIMED









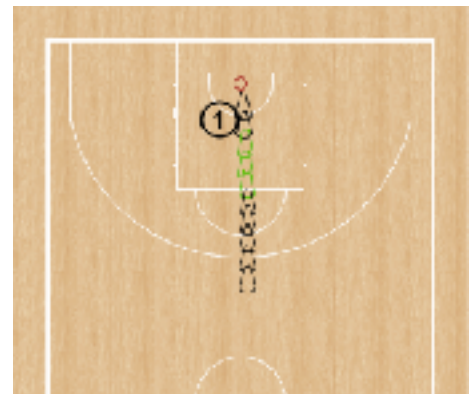
## 7 SPOTS 2 ON 2

-  2 ON 2 FROM EVERY SPOT
-  7 SPOTS: 1 LINE FROM 3POINT LINE TO 3POINT LINE
-  1 REBOUNDER + 1 BASKETBALL
-  TIMED








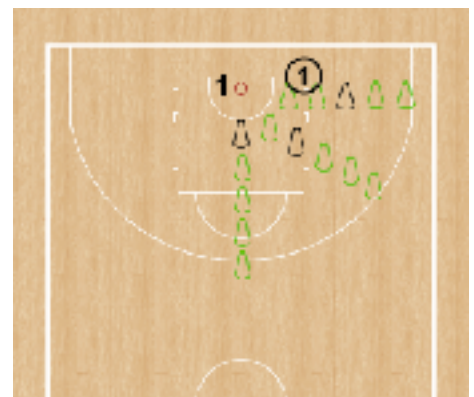
## 10 CONES MENTAL SHOOTING GAME

-  EVERY GREEN CONE IS 1 MAKE
-  EVERY BLACK CONE IS 3 ON 3
-  MISS = GO TO THE PREVIOUS CONE
-  FINISH = MAKE THE SHOT ON THE 10TH CONE
-  1 REBOUNDER + 1 BASKETBALL
-  TIMED



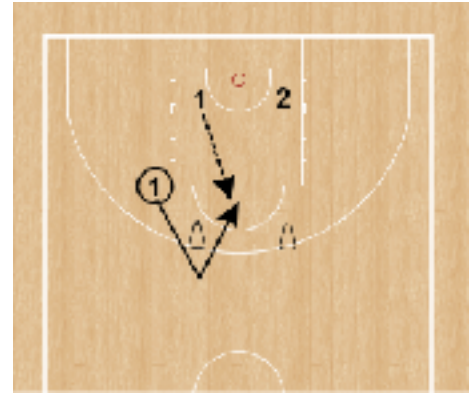
## 15 CONES MENTAL SHOOTING GAME

-  EVERY GREEN CONE IS 1 MAKE
-  EVERY BLACK CONE IS 3 ON 3
-  FINISH = MAKE THE SHOT ON THE 15TH CONE
-  1 REBOUNDER + 1 BASKETBALL
-  TIMED



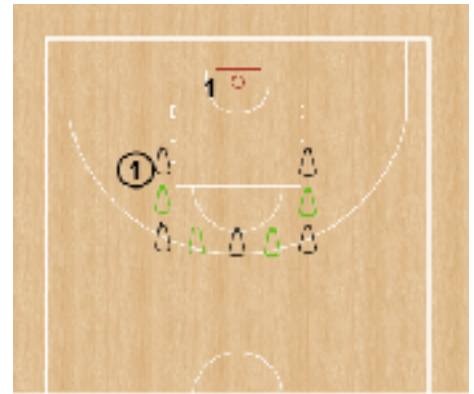
## M - DRILL

- 🏀 EVERY GREEN CONE IS 1 MAKE
- 🏀 EVERY BLACK CONE IS 3 ON 3
- 🏀 FINISH = MAKE THE SHOT ON THE 15TH CONE
- 🏀 1 REBOUNDER + 1 BASKETBALL
- 🕒 TIMED



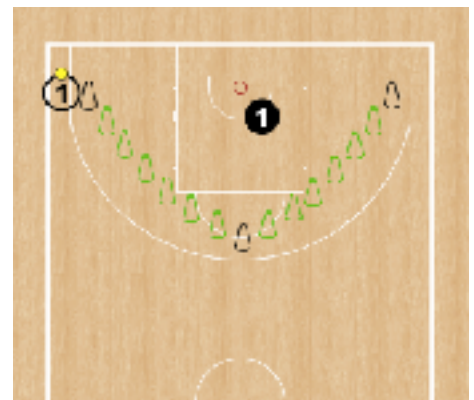
## U - SHOOTING CHALLENGE

- 🏀 SHOOT ON EVERY BLACK CONE 2 ON 2
- 🏀 SHOOT ON EVERY RED CONE 1 MAKE
- 🏀 1 REBOUNDER + 1 BASKETBALL
- 🕒 TIMED



## V - SHOOTING CHALLENGE

- 🏀 EVERY GREEN CONE IS 1 MAKE
- 🏀 EVERY BLACK CONE IS 2 ON 2
- 🏀 FINISH = MAKE THE SHOT ON THE 10TH CONE
- 🏀 1 REBOUNDER + 1 BASKETBALL
- 🕒 TIMED



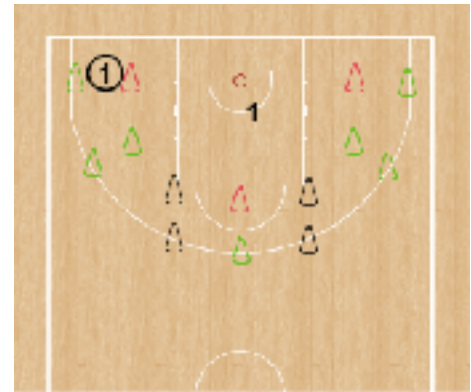
## BAD PASS 3POINTERS

- 🏀 PASSER MUST GIVE A BAD PASS
- 🏀 SHOOTER CAN'T MOVE HIS FEET
- 🏀 KEEP SHOOTING TILL 10 MAKES
- 🏀 1 REBOUNDER + 1 BASKETBALL
- 🕒 TIMED



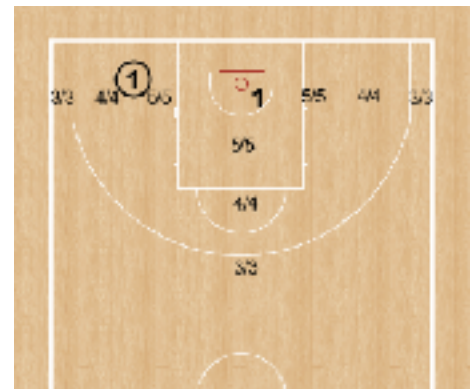
## MINEFIELD SHOOTING CHALLENGE

- 🏀 SHOOT AT EVERY RED CONE 3 ON 3
- 🏀 SHOOT AT EVERY BLACK CONE 2 ON 2
- 🏀 SHOOT AT EVERY GREEN CONE 3 MAKES
- 🏀 1 REBOUNDER + 1 BASKETBALL
- 🕒 TIMED



## ULTIMATE SHOOTING CHALLENGE

- 🏀 5 SPOTS: 5/5 4/4 3/3
- 🏀 AFTER THE LAST SPOT FINISH WITH 5/5 FT'S
- 🏀 1 REBOUNDER + 1 BASKETBALL
- 🕒 TIMED: CAN YOU DO THE DRILL UNDER 10MIN



## SHOOTING CHART

<b>DRILLS</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>FREE THROWS STREAK</b>	<b>SCORE:</b>					
<b>FREE THROWS STREAK WITHOUT MISSING 2 IN A ROW</b>	<b>SCORE:</b>					
<b>FREE THROW STREAK SWISHES</b>	<b>SCORE:</b>					
<b>3POINT STREAK</b>	<b>SCORE:</b>					
<b>3POINT STREAK WITHOUT MISSING 2 IN A ROW</b>	<b>SCORE:</b>					
<b>AROUND THE PAINT</b>	<b>TIME:</b>					
<b>AROUND THE PAINT 11 IN A ROW</b>	<b>TIME:</b>					
<b>AROUND THE PAINT MIDRANGE</b>	<b>TIME:</b>					
<b>AROUND THE PAINT 3POINTERS</b>	<b>TIME:</b>					
<b>BEAT THE PRO FREE THROWS</b>	<b>TIME:</b>					
<b>BEAT THE PRO ALTERNATE 2'S AND 3'S</b>	<b>SCORE:</b>					
<b>3 IN A ROW 2-3-2</b>	<b>TIME:</b>					
<b>3 IN A ROW 3-2-3</b>	<b>TIME:</b>					

<b>3 IN A ROW 3-2-LAY UP</b>	<b>TIME:</b>					
<b>10 SPOTS MIDRANGE 2 ON 2</b>	<b>TIME:</b>					
<b>10 SPOTS THREE POINTERS 2 ON 2</b>	<b>TIME:</b>					
<b>BLOCK TO BLOCK BANK SHOTS</b>	<b>SCORE:</b>					
<b>SHORT CORNER TO SHORT CORNER</b>	<b>SCORE:</b>					
<b>CORNER 3 TO CORNER 3</b>	<b>SCORE:</b>					
<b>SHUFFLE CONE TO CONE</b>	<b>SCORE:</b>					
<b>40 DRILL</b>	<b>SCORE:</b>					
<b>28 SHOOTING</b>	<b>TIME:</b>					
<b>3 OUT OF 4 SHOOTING</b>	<b>TIME:</b>					
<b>33 DRILL</b>	<b>TIME:</b>					
<b>CORNER TO TOP</b>	<b>SCORE:</b>					
<b>ELBOW TO ELBOW</b>	<b>SCORE:</b>					
<b>CORNER DRIFTS</b>	<b>SCORE:</b>					



<b>AROUND THE CONE</b>	<b>SCORE:</b>					
<b>STAR DRILL</b>	<b>TIME:</b>					
<b>5 IN A ROW</b>	<b>TIME:</b>					
<b>7 SPOTS 2 ON 2</b>	<b>TIME:</b>					
<b>10 CONES MENTAL SHOOTING GAME</b>	<b>TIME:</b>					
<b>15 CONES MENTAL SHOOTING GAME</b>	<b>TIME:</b>					
<b>M - DRILL</b>	<b>SCORE:</b>					
<b>U - SHOOTING CHALLENGE</b>	<b>TIME:</b>					
<b>V - SHOOTING CHALLENGE</b>	<b>TIME:</b>					
<b>BAD PASS 3POINTERS</b>	<b>SCORE:</b>					
<b>MINEFIELD SHOOTING CHALLENGE</b>	<b>TIME:</b>					
<b>ULTIMATE SHOOTING CHALLENGE</b>	<b>TIME:</b>					

