# **Green Room Training Shooting Workout**

In order to get the most out of this shooting workout it should be done at game speed with minimal breaks. Rest can occur when shooting free-throws - Jeremy Russotti

Drill	Must Make	Date						
15 Foot Jump Shots	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
Shoot off Dribble from Triple Threat	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
Three Point Shots	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
15 Foot Bank Shots Alternate Sides	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
Curl Shots Wing/Elbow Area	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
Three Point Shots	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /

Two-Dribble Pull Ups	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
Transition Pull-Up Three's	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
Baseline Fade Shots	20	20 /	20 /	20 /	20 /	20 /	20 /	20 /
Free Throws	4	4 /	4 /	4 /	4 /	4 /	4 /	4 /
TOTAL	216	216 /	216 /	216 /	216 /	216 /	216 /	216 /

Shooting Workout by Jeremy Russotti from www.skilltrainingu.com
Find more great workouts at www.basketballforcoaches.com

# More Information on the Workout

# 15 Foot Jump Shots

20 shots from all areas on the floor. No Dribble.

#### **4 FREE THROWS**

#### Shoot off the Dribble Triple Threat

20 Shots. Square up, make move, one dribble pull-up from direct drive & counter moves.

#### **4 FREE THROWS**

#### Three Point Shots

20 Three-pointers from all areas on the floor

### **4 FREE THROWS**

### 15 Foot Range Bank Shots

20 Bank Shots. Alternate sides of the floor after each shot, from the wing angle.

#### **4 FREE THROWS**

### **Curl Shots**

20 Curl shots near wing/elbow area. 10 shots on each side of the floor.

#### **4 FREE THROWS**

# **Three Point Shots**

20 Three-point shots from all areas on the floor

#### **4 FREE THROWS**

# TWO Dribble Pull-ups from Triple Threat

20 Shots off the dribble. Two dribble pull-ups from direct drives and counter moves.

# **4 FREE THROWS**

### Transition off the dribble/or catch Pull-up shots

20 Shots. Attack the 3-point line off the dribble in transition for pull up 3's.

#### **4 FREE THROWS**

# Baseline fade shots

20 shots, make sure to set up man with proper footwork

### **4 FREE THROWS**