



Louisville Shooting Workout

The following shooting workout is excellent for groups of 2 players that are working on shooting from all spots on the floor. This is a competitive game that improves finishing at all areas on the court. You can use a blocking pad on all lay-ups to simulate game conditions as well. Jump stops can also be incorporated for lay-up finishes.

How it Works

In groups of two each player will take a shot and rebound their own attempt. The partner that is not shooting always contests the shot at 75% speed of normal game situations. Each player will attempt a 3 pt. shot, a mid range jump shot, and a shot at the rim. When each player has attempted all three shots on an alternating basis they will then move to the next spot to repeat the sequence. There are five spots on the floor to cover. The baseline (A & E), the wing (B & D), and the top of the key (C).

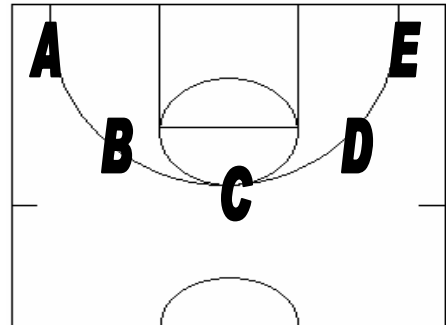
Scoring

Made 3 pt. = 3pts
Made mid-range = 2pts.
Made lay-up = 1pt.

Perfect score for one round = 30pts.
Total perfect score = 120pts.

KEYS

- 1) Game Speed
- 2) Feet/Hands always ready
- 3) Maintain good balance
- 4) Quick off the dribble
- 5) Finish Plays



Playing the Game

Once each player has completed 1 round it is considered the end of the quarter. You will play 4 quarters. Highest score wins. After each quarter, both players will shoot 5 FT's; then start next quarter.

Shots for Quarter 1: (Defender must contest shot)

Catch and shoot the 3.

Catch and rip, one dribble pull-up (15') (Must go L on left side and R on right side, choice on top)

Catch and rip to the rim, lay-up (Must go L on left side and R on right side, choice on top)

Shots for Quarter 2: (Defender must go for fake)

Shot fake, shoot the 3.

Shot fake, 1 dribble pull-up (15') (Must go L on left side and R on right side, choice on top)

Shot fake, get to the rim. (Must go L on left side and R on right side, choice on top)

Shots for Quarter 3:

Jab step, shoot the 3.

Jab step, 1 dribble L, pull-up (15') (Must go L on left side, and R on right side, choice on top)

Jab step, get to the rim. (Must go L on left side, and R on right side, choice on top)

Shots for Quarter 4:

Catch and shoot the 3.

Catch and rip 1 dribble pull-up. (15') (Must go L on left side and R on right side, choice on top)

Catch and rip 1 dribble to the rim. (Must go L on left side, and R on right side, choice on top)