

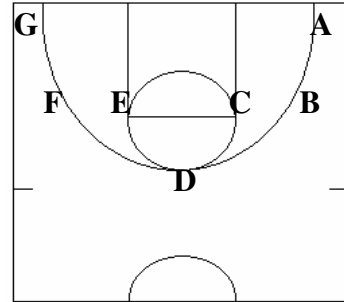


## Pioneer Blitz

This shooting drill will give you a combination of shots all over the floor off of the catch and off the dribble. When completed you will have taken 168 shots plus 35 FT's.

**How it works** – Shoot the following shots in succession, catching all passes outside the 3pt. line except for spots C and E. C and E are at the elbow areas.

- 10 – shots off the catch
- 2 shots taking one dribble to the right
- 2 shots taking one dribble to the left
- 2 shots using a shot fake and one dribble right
- 2 shots using a shot fake and one dribble left
- 2 shots with a step back 3 moving right.
- 2 shots with a step back 3 moving left.
- 2 lay-ups. 1 regular and 1 reversed.
- Shoot 5 Free Throws



Repeat this series at each spot on the floor. For the step back jump shots at spots E and C, it will not be a 3 point attempt.

## Indiana Intensity Workout

Before you begin this drill, you must make sure you are warmed up. This is an extremely intense and game speed demanding drill. All shots must be taken at game speed.

**How it works** – You will cut to various areas on the floor, before setting up to take a shot. After taking an initial shot, you will repeat the same action on the other side of the floor. Each series of shots will include 5 from each side of the floor, or a total of 10 each round.

- Start at the elbow and sprint to the corner. Come back to the wing area, curling for a jump shot. Get to the starting elbow again, then slide to the other elbow before sprinting to the corner and curling back for a jump shot. Repeat this action 5 times for a total of 10 shots. (Shoot 5 Free Throws)
- Start at the free throw line. Sprint to the baseline (short corner area), then to the sideline and come back to a 3 point catch and shoot in the wing area. Sprint through the other short corner and touch the baseline, then the sideline and come back for a spot up 3 on the opposite wing. Repeat for 5 cycles for a total of 10 shots. (Shoot 5 Free Throws)
- Start at the top of the arc. Sprint to the timeline and back to the 3 point line for a pull-up 3. Shoot 5 shots from 3 designated spots (point, wing, wing) Total all 15 shots for best score. (Shoot 5 Free Throws)