



PERFECT SHOTS BASKETBALL WORKOUTS

THE 5 STARS OF SHOOTING

FORM - Shooting every shot with perfect form

BALANCE - Perfect footwork and body control in all game speed situations

RELEASE - Get your shot off with the quickest and most efficient movement

CREATIVITY - The ability to create your own shot

GAMER - Knocking down shots when it counts

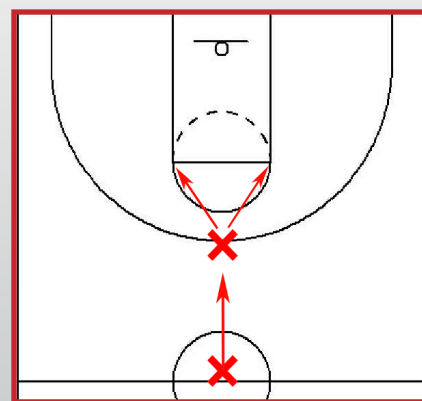
NBA Workout - Take Over Like Kyrie

Remember to adjust the following drills to your age and skill level. You should be shooting from distances where you can still use the correct perfect form. If a drill calls for 3 point shots feel free to take a few steps in until you have reached the distance that is appropriate for you. The most important thing is to learn how to shoot with the perfect form every time.

- David Nurse

1. STEP THROUGH PROGRESSION

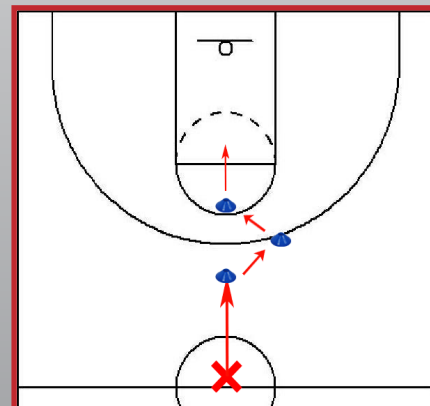
Start at half court, dribble in to top of the key – double between the legs move and explode to elbow where you hit the elbow, shot fake lifting the defender and step through for the shot. Make 2 going each way. Repeat same, this time between the legs, behind the back at the top of the key for the same finish. Make 2 each way. Next move – double behind the back, same finish. Make 2 each way. Repeat the same, this time with all moves combined this time (double between the legs, followed by between legs behind back both ways, followed by double behind the back), same finish. Make 2 each way. Total of 16 makes. Time yourself how long it takes to finish drill.



SHOOT 2 FREE THROWS

2. THE MAGIC JOHNSON

Set up 3 cones three ft apart staggered starting at the top of the key three point line and extending towards half court. Do a different double move at each cone (be creative), and reach down to touch each cone after the move, then explode towards the hoop to shoot a running baby hook. Kyrie is one of the best finishers in the game, need to have a variety of finishes. Make 5 right handing running hooks and 5 left hand running hooks. Total of 10 makes. Time yourself how long it takes to finish drill



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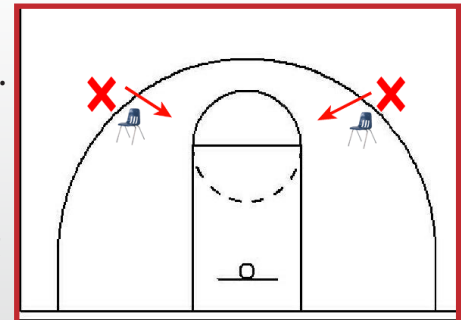
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3. SPLIT BALL SCREEN FLOATERS

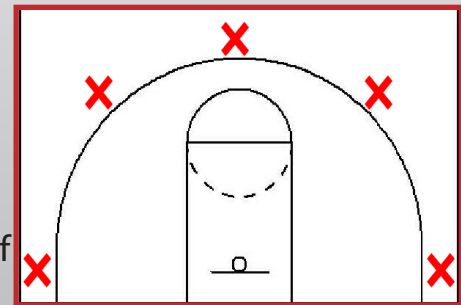
Set up chair or cone on left wing at the 3pt line to simulate a ball screen. Start squared up at the hoop, attack ball screen, fake up the court and then simulate splitting the screen (as shown in video) attacking the middle of the lane for a 2 footed (Tony Parker style) floater. Make 10 on the left wing. Repeat the same on the right wing. Make 10 on the right wing. Total of 10 makes. Time yourself how long it takes to finish drill.



SHOOT 2 FREE THROWS

4. POUND POUND CROSS JUMPERS

Start in the left corner. 2 hard pound dribbles with the right hand, low crossover, two hard pound with the left hand and rise up and shoot the jump shot. Make 2 starting with ball in right hand. Then make 2 starting with ball in the left hand. Make 4 total from 5 spots around the arc (left corner, left wing, top of the key, right wing, right corner) Total of 20 makes. Time yourself how long it takes to finish drill.



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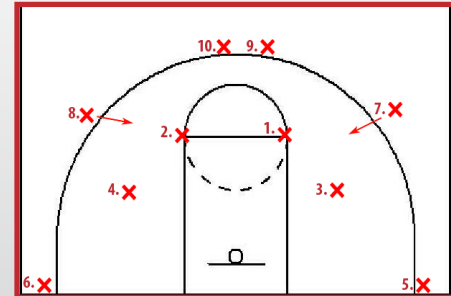
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5. TORNADO SHOOTING

Properly named since you will be moving all over during this drill. Start underneath the hoop every time – first shot: spin ball out and square up at left elbow for the jumper. Have to make shot to advance to next shot. Second shot: square up at right elbow jumper. Third shot: square up back board jumper at left wing. Fourth shot: square up back board jumper right wing. Fifth shot: left corner 3. Sixth shot: right corner 3. Seventh shot: square up at left wing, shot fake, pull up J going towards middle. Eighth shot: square up at right wing, shot fake, pull up J going towards middle. Ninth shot: Straight up the middle for top of the key 3. Tenth shot: Straight up the middle for the top of the key 3 squaring up the opposite way this time. Total of 10 shots made. Then repeat drill but this time going the opposite way – starting with straight up the middle top of the key 3. Total of 20 shots made. Time yourself how long it takes to finish drill.



SHOOT 10 FREE THROWS

HAVE TO SWISH 5 OUT OF 10 TO BE FINISHED

STARS

