

Kentlake
Falcons Boy's Basketball

“ALL THE WAY TO STATE”

Coach Drake's Shooting Workout

1. **Fast Break Shots (8 Cones)** 1. Sprint layup 2.No left Hand 3. Crossover at each Cone Layup
4. Crossover Last Cone Layup 5. Speed Dribble into 3 point shot
2. 10 Free throws
3. **Attack the chair—make a move off of the chair**
4. 10 Free throws
5. **Spin Ball out—catch and shoot (different spots) Shoot 10 min. Make 7**
6. 10 free throws
7. **Spin ball out—one dribble and shoot (different spots) Shoot 10 min. Make 7**
8. 10 free throws
9. **Spin Ball out—3 pointers (Facing the basket, Turn Pivot, Step Back 3) Shoot 10 min Make 7**
10. 10 free throws
11. **Spin ball out—shoot bankshots (Reverse Pivot off the Block) Shoot 10 min. Make 7**
12. 10 free throws
13. **Two chairs shooting—no dribble (Jab and shoot sometimes) Shoot 10 min. Make 7**
14. 10 free throws
15. **Two chair shooting—one dribble (Jab, Rip, Sweep) Shoot 10 min. Make 7**
16. 10 free throws
17. **Two chair shooting—two dribbles (Jab, Rip, Sweep) Shoot 10 min. Make 7**
18. 10 free throws
19. **Mike Miller Drill- 21 Points (Layup is 1 point, Free Throw Jumper is worth 2, 3 pointer is worth 3)**
Sprint to half-court each time you take a shot. If you have 18 you have to shoot a 3, 19 a 2, 20 a layup.
20. 10 free throws

Short(All-League)	Middle(All-State)	Long (All-American)
10 shots	15 shots	20 shots
10 free throws	10 free throws	10 free throws

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Future SPSL North Division Champs
Future State Champs
“All the way to State”