

SOUTH SHOOTING ROUTINE – All Positions

GAME SHOTS, GAME SPEED – MADE SHOTS

1 shooter, 1 rebounder (partner up)

Lefty - Righty: Make 20

One Hand Shooting: Make 15 shots from 5-10 feet

Elbow Shots: Make 5 elbow shots – alternate elbow each shot
Make 3 free throws

Square Up Off The Pass: Make 10 shots
Make 3 free throws

Square Up Off The Dribble: Make 10 shots
Make 3 free throws

2 Foot Jump Stop Lane Shots: Make 10 shots
Make 3 Free throws

Shot Fake (hip-eye-hip): Make 10 shots
Make 3 free throws

Shoot off the pass, dribble, shot fake: Make 10 shots
* Vary the shot Make 3 free throws

3-point shots: Make 20 three-point shots
Make 10 free throws

Made 110 shots, Made 28 Free Throws

Once you are done, you can always shoot/make more 😊

This is an **intense** individual shooting workout made for a

*** SOUTH BASKETBALL PLAYER ***