

60 Min Individual Shooting Workout

Time	Drill	Emphasis	Notes
5 Min	Warm-Up / Strech	Get Sweaty	
3 Min	Form Shooting		
5 Min	Left Wing Ball Screen	Ball Handling / Finishing	Work Each Wing
5 Min	Right Wing Ball Screen		
1 Min	FT	Free Throws / Water	Make 5 in a Row
5 Min	Left Side- Guard Shooting		
5 Min	Right Side- Guard Shooting		
1 Min	FT	Free Throws / Water	Make 5 in a Row
10 Min	Langford Shooting		
5 Min	Run The "W"	Game Like Shots	Conditioning Drill
5 Min	Cool Down / FTs	Shoot 50 FT's	Set a make goal