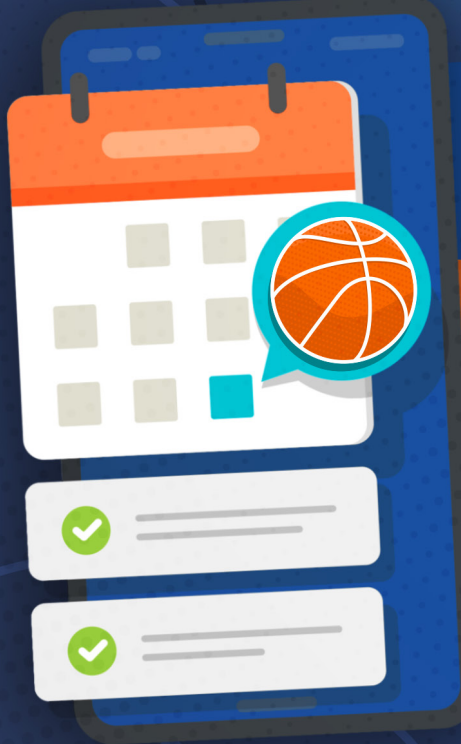


# 30 DAY SHOOTING WORKOUT CHALLENGE

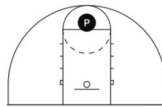


## SHOOTING DRILLS



### FORM SHOTS

Stand 4 ft from basket. Using one hand, bring the ball up into "L" position, release, and hold follow through.



### FREE THROWS

Stand at free throw line. Go through pre-shot routine, take a breath, relax, shoot.



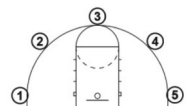
### ELBOW TO ELBOW

Start at baseline. Spin ball to right elbow (spot 1). Catch, square up and shoot. Get rebound and spin ball to left elbow (spot 2). Repeat. Can also be done with a one dribble pull-up after catching and squaring up, or dribbling to the hoop for a layup.

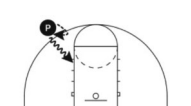


### 5 SPOTS

Shoot from 5 different spots roughly 12-15 ft from the basket: right baseline, right wing, free throw line, left wing, left baseline. Variations include front/reverse pivoting to face basket, dribble pull ups, layups and floaters.



### 5 SPOT 3'S



### PUMP & GO

## WORKOUT CALENDAR

3	Beat the Cone: 2-3 x 20 Pump & Go: 2-3 x 20 Spin to Win: 2-3 x 20	4	Form Shooting: 2-3 x 5 Spot 3s: 2-3 x 20 Flare Screens: 2-3 x 10 Pull Up 3s: 2-2 x 10	5	Curt Screen: 2-3 x 10 Flare Screens: 2-3 x 10 Elbow to Elbow: 1-2 x 15 Free Throws: 1-2 x 10
8	5 Spots: 2-3 x 10 5 Spots - Front Pivot: 2-3 x 10 5 Spots - Reverse Pivot: 2-3 x 10 5 Spots - Pullups: 2-3 x 20	9	Form Shooting: 2-3 x 5 Elbow to Elbow: 2-3 x 20 Spin to Win: 1-2 x 20, 1 push-up for each missed layup.	10	Pull Ups: 2-3 x 10 Pump & Go: 2-3 x 25 Pull Up 3s: 2-3 x 10
13	5 Spots: 2-3 x 10 5 Spots - Front Pivot: 2-3 x 10 5 Spots - Reverse Pivot: 2-3 x 10 5 Spots - Pullups: 2-3 x 20	14	Form Shooting: 2-3 x 5 Elbow to Elbow: 2-3 x 20 Spin to Win: 1-2 x 20, 1 push-up for each missed layup.	15	Pull Ups: 2-3 x 15 Pump & Go: 2-3 x 15 Pull Up 3s: 2-3 x 10
18	Pull Ups: 2-3 x 20 Spin to Win: 2-3 x 20 Pump & Go Pull Ups: 2-3 x 20 Free Throws: 2-3 x 10, 1 sprint for every miss.	19	Curt Screen - Finish at Hoop: 2-3 x 20 Spin to Win: 1-2 x 20 Beat the Cone: 2-3 x 10 Pump & Go: 1-2 x 25 Free Throws: 2-3 x 10	20	Form Shooting: 2-3 x 5 5 Spots: 2-3 x 10 Elbow to Elbow: 1-2 x 10
23	Form Shooting: 2-3 x 5 Spin to Win: 1-2 x 25 Flare Screens: 2-3 x 10 Free Throws: 2-3 x 10	24	5 Spots: 1-2 x 10 5 Spots - Front Pivot: 1-2 x 10 5 Spots - Reverse Pivot: 1-2 x 10	25	Form Shooting: 1-2 x 5 5 Spots: 2-3 x 10

## SHOOTING WORKOUTS 1-

### WORKOUT

DAY 1

Form Shooting: 2-3 sets of 5 shots

Elbow to Elbow: 2-3 sets of 20 shots

Free Throws: 2-3 sets of 10 shots

DAY 2

5 Spots: 2-3 sets of 10 shots

Pull Ups: 1-2 sets of 20 shots

Curt Screen: 2-3 sets of 10 shots

DAY 3

Beat the Cone: 2-3 sets of 20 shots

Pump & Go: 2-3 sets of 20 shots

Spin to Win: 2-3 sets of 20 shots

DAY 4

Form Shooting: 2-3 sets of 5

5 Spot 3s: 2-3 sets of 10 shots

Flare Screen: 2-3 sets of 10

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## **CONSULT YOUR PHYSICIAN**

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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# INTRODUCTION

## **WELCOME TO THE 30-DAY SHOOTING WORKOUT CHALLENGE!**

Shooting has always been an important basketball skill, but it has become more important than ever in the modern era.

As defensive systems have become more advanced, spacing is at a premium, and the better you can shoot it, the more space you can create – for both yourself, and your team.

That’s why we created this resource, a 30-day workout challenge designed to help players fulfill their ultimate potential as a shooter.

We compiled a list of 12 drills that cover shooting form, footwork, range, shot creation and finishing.. All drills can be done by yourself, with a partner, or as part of your team practice.

These drills were then organized into 30 daily workout plans – each one lasting 12-25 minutes.

## **HOW TO USE THIS RESOURCE**

1. Start by reading through the Shooting Drills section and learning how to perform each drill.
2. Print out a copy of the Workout Calendar and the first block of Daily Workouts (Day 1-5)
3. Follow the Daily Workout and record your makes and misses in the tracking section.
4. Check off the box in the Workout Calendar when you complete each workout.
5. Progress through the Daily Workouts and track your results.

**NOTE:** You can do the workouts for 30 days straight, or at your own pace.

Let’s get started!



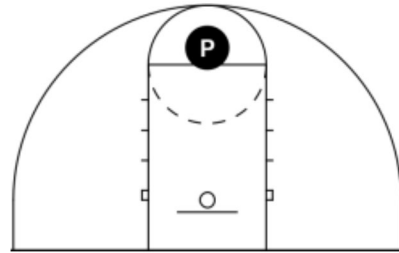
# SHOOTING DRILLS

# SHOOTING DRILLS



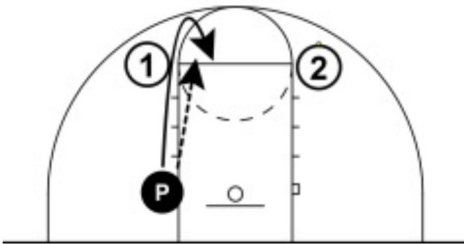
## FORM SHOTS

Stand 4 ft from basket. Using one hand, bring the ball up into "L" position, release, and hold follow through.



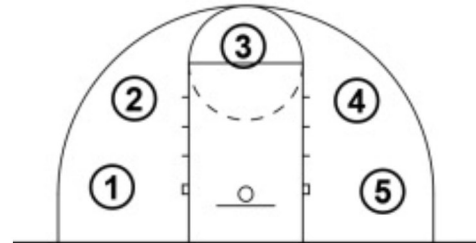
## FREE THROWS

Stand at free throw line. Go through pre-shot routine, take a breath, relax, shoot.



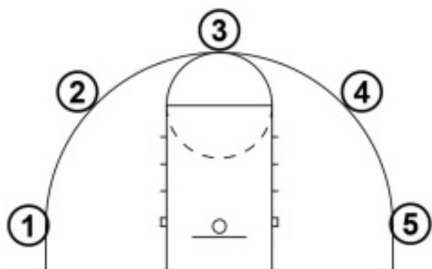
## ELBOW TO ELBOW

Start at baseline. Spin ball to right elbow (spot 1). Catch, square up and shoot. Get rebound and spin ball to left elbow (spot 2). Repeat. Can also be done with a one dribble pull-up after catching and squaring up, or dribbling to the hoop for a layup.



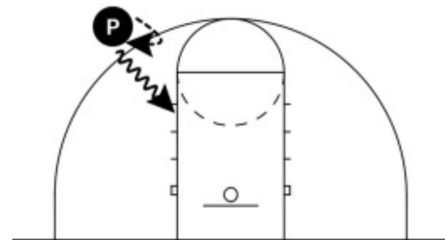
## 5 SPOTS

Shoot from 5 different spots roughly 12-15 ft from the basket: right baseline, right wing, free throw line, left wing, left baseline. Variations include front/reverse pivoting to face basket, dribble pull ups, layups and floaters.



## 5 SPOT 3'S

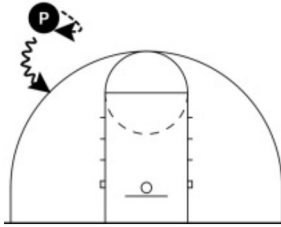
Shoot from 5 different spots behind 3-point line: right baseline, right wing, free throw line, left wing, left baseline.



## PUMP & GO

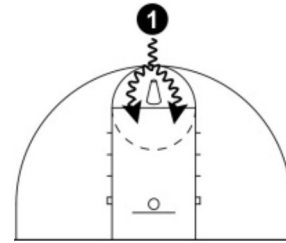
Start at the 3-point line. Spin ball to self, pump fake, take one dribble towards basket. Shoot jumper, floater or finish at rim. Can also be done with a live dribble and a head fake.

# SHOOTING DRILLS



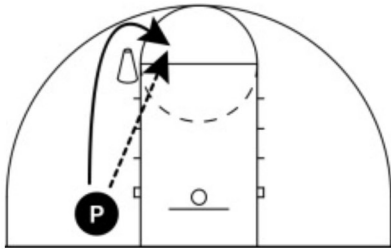
## PULL UP 3'S

Start outside the 3-point line. Spin ball to self, take one dribble and shoot pull-up 3-pointer. Variation: For more conditioning, have the player must dribble to the halfcourt line after each rebound.



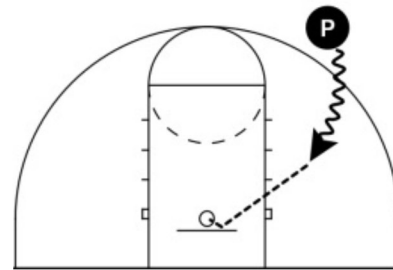
## BEAT THE CONE

Place a cone at the top of the key. Starting from outside the 3-point line, attack the cone, make a move (crossover, behind back, inside-out). Finish with a floater or layup.



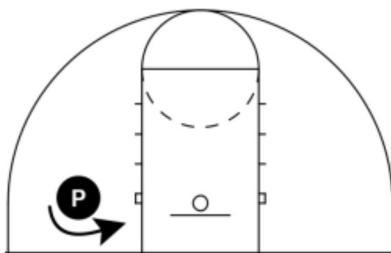
## CURL SCREEN

Place a cone at the elbow. Starting from the baseline, spin the ball to free throw line, curl around cone, catch and shoot. Variations: one dribble in to paint after the catch and pull up, hard curl all the way to the hoop for the layup.



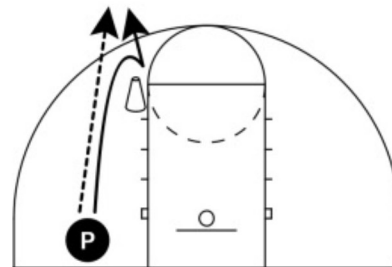
## PULL UPS

Start at the wing outside the 3-point line. Rip the ball towards the baseline, take one dribble, pull up and shoot a bank shot from 12-15 feet.



## SPIN TO WIN

Post up on the baseline 5-10 feet from the basket. Spin to the baseline and finish with a reverse layup on the other side. Variations include facing up and shooting, pullups, fakes, and spins to the middle.



## FLARE SCREEN

Place a cone at the elbow. Starting from the baseline, spin the ball to 3-point line, fake the curl, flare behind the cone to catch and shoot the three. Variations: pump fake on catch and dribble pull-up.



# DAILY WORKOUTS



# SHOOTING WORKOUTS 1-5

	WORKOUT	PERFORMANCE
<input type="checkbox"/> DAY 1	<b>Form Shooting:</b> 2-3 sets of 5 shots	/5   /5   /5
	<b>Elbow to Elbow:</b> 2-3 sets of 20 shots	/20   /20   /20
	<b>Free Throws:</b> 2-3 sets of 10 shots	/10   /10   /10
<input type="checkbox"/> DAY 2	<b>5 Spots:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>Pull Ups:</b> 1-2 sets of 20 shots	/20   /20
	<b>Curl Screen:</b> 2-3 sets of 10 shots	/10   /10   /10
<input type="checkbox"/> DAY 3	<b>Beat the Cone:</b> 2-3 sets of 20 shots	/20   /20   /20
	<b>Pump &amp; Go:</b> 2-3 sets of 20 shots	/20   /20   /20
	<b>Spin to Win:</b> 2-3 sets of 20 shots	/20   /20   /20
<input type="checkbox"/> DAY 4	<b>Form Shooting:</b> 2-3 sets of 5 shots	/5   /5   /5
	<b>5 Spot 3s:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>Flare Screen:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>Pull Up 3s:</b> 1-2 sets of 10 shots	/10   /10
<input type="checkbox"/> DAY 5	<b>Curl Screen:</b> 2-3 sets of 10 shots	/5   /5   /5
	<b>Flare Screen:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>Elbow to Elbow:</b> 1-2 sets of 15 shots	/10   /10
	<b>Free Throws:</b> 1-2 sets of 10 shots	/10   /10

# SHOOTING WORKOUTS 6-10

	WORKOUT	PERFORMANCE
<input type="checkbox"/> DAY 6	<b>Elbow to Elbow:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>Beat the Cone Pull Ups:</b> 1-2 sets of 20 shots	/20   /20
	<b>Curl Screen:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>5 Spots:</b> 1-2 sets of 10 shots	/10   /10
	<b>Free Throws:</b> 2-3 sets of 10 shots	/10   /10   /10
<input type="checkbox"/> DAY 7	<b>Form Shooting:</b> 2-3 sets of 5 shots	/5   /5   /5
	<b>5 Spot 3s:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>Curl Screen 3s:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>Pump &amp; Go Finish:</b> 1-2 sets of 25 shots	/25   /25
<input type="checkbox"/> DAY 8	<b>5 Spots:</b> 2-3 sets of 10 shots	/20   /20   /20
	<b>5 Spots – Front Pivot:</b> 2-3 sets of 10 shots	/20   /20   /20
	<b>5 Spots – Reverse Pivot:</b> 2-3 sets of 10 shots	/20   /20   /20
	<b>5 Spots – Pullups:</b> 2-3 sets of 20 shots	/10   /10   /10
<input type="checkbox"/> DAY 9	<b>Form Shooting:</b> 2-3 sets of 5 shots	/5   /5   /5
	<b>Elbow to Elbow:</b> 2-3 sets of 20 shots	/10   /10   /10
	<b>Spin to Win:</b> 1-2 sets of 20 shots. Player does 1 push-up for each missed layup.	/20   /20
<input type="checkbox"/> DAY 10	<b>Pull ups:</b> 2-3 sets of 15 shots	/15   /15   /15
	<b>Pump &amp; Go:</b> 2-3 sets of 15 shots	/15   /15   /15
	<b>Pull Up 3s:</b> 2-3 sets of 10 shots	/10   /10   /10

# SHOOTING WORKOUTS 11-15

## WORKOUT

## PERFORMANCE

### DAY 11

**Form Shooting:** 1-2 sets of 10 shots

**5 Spots:** 2-3 sets of 10 shots

**5 Spot 3s:** 2-3 sets of 10 shots

**Curl Screen:** 1-2 sets of 20 shots

**Flare Screen:** 1-2 sets of 15 shots

/10

/10

/10

/10

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/10

/10

/10

/20

/20

/15

/15

/15

### DAY 12

**Beat the Cone Pullups:** 1-2 sets of 20 shots

**Elbow to Elbow Pullups:** 2-3 sets of 20 shots

**Pull Ups:** 2-3 sets of 10 shots

**Free Throws:** 2-3 sets of 10 shots

/20

/20

/20

/20

/20

/10

/10

/10

/10

/10

/10

### DAY 13

**Form Shooting:** 2-3 sets of 5 shots

**Curl Screen:** 2-3 sets of 15 shots

**Flare Screen:** 2-3 sets of 20 shots

**Free Throws:** 2-3 sets of 10 shots. Must make at least 8/10. Do 5 pushups for every extra miss.

/5

/5

/5

/15

/15

/15

/20

/20

/20

/10

/10

/10

### DAY 14

**Spots - Faceup:** 2-3 sets of 5 shots

**Spin to Win - Faceup:** 1-2 sets of 20 shots

**Pull Ups:** 1-2 sets of 15 shots

/5

/5

/5

/20

/20

/15

/15

### DAY 15

**Beat the Cone:** 1-2 sets of 25 shots

**Pull Up 3s:** 2-3 sets of 10 shots

**Elbow to Elbow** 1-2 sets of 25 shots

**Free Throws:** 3 sets of 2 shots. Run a sprint after each set. Run 2 sprints if you miss a free throw.

/5

/5

/5

/15

/15

/15

/20

/20

/20

/10

/10

/10

# SHOOTING WORKOUTS 16-20

## WORKOUT

## PERFORMANCE

### DAY 16

- Curl Screen:** 1-2 sets of 20 shots

---

- Free Throws:** 2 set of 2 shots

---

- Curl Screen – Dribble Pull Ups:** 1-2 sets of 20 shots

---

- Free Throws:** 1 set of 2 shots

---

- Curl Screen – Stepback Dribble:** 1-2 sets of 20 shots

---

- Free Throws:** 3 sets of 2 shots



/20	/20	
/2		
/20	/20	
/2		
/20	/20	
/2	/2	/2

### DAY 17

- Form Shooting:** 2-3 sets of 5 shots

---

- 5 Spot 3s:** 2-3 sets of 10 shots

---

- Flare Screen - Fade:** 1-2 sets of 15 shots

---

- Pump & Go:** 1-2 sets of 20 shots



/5	/5	/5
/10	/10	/10
/15	/15	
/20	/20	

### DAY 18

- Pull Ups:** 2-3 sets of 20 shots

---

- Spin to Win - Faceup:** 2-3 sets of 20 shots

---

- Pump & Go Pull Ups:** 2-3 sets of 20 shotss

---

- Free Throws:** 2-3 sets of 10 shots. Run 1 sprint for every miss.



/20	/20	/20
/20	/20	/20
/20	/20	/20
/10	/10	/10

### DAY 19

- Curl Screen – Finish at Hoop:** 2-3 sets of 20 shots

---

- Spin to Win:** 1-2 sets of 20 shots

---

- Beat the Cone:** 2-3 sets of 10 shots

---

- Pump & Go:** 1-2 sets of 15 shots

---

- Free Throws:** 2-3 sets of 10 shots



/20	/20	/20
/20	/20	
/10	/10	/10
/15	/15	
/10	/10	/10

### DAY 20

- Form Shooting:** 2-3 sets of 5 shots

---

- 5 Spots:** 1-2 sets of 20 shots

---

- Elbow to Elbow:** 1-2 sets of 10 shots



/5	/5	/5
/20	/20	
/20	/20	

# SHOOTING WORKOUTS 21-25

## WORKOUT

## PERFORMANCE

### DAY 21

**Form Shooting:** 1-2 sets of 10 shots

**Curl Screen:** 2-3 sets of 15 shots

**Beat the Cone:** 2-3 sets of 20 shots

/10

/10

/15

/15

/15

/20

/20

### DAY 22

**5 Spots:** 2-3 sets of 10 shots

**Pull Ups:** 1-2 sets of 20 shots

**Curl Screen - Pull Ups:** 2-3 sets of 20 shots

/10

/10

/10

/20

/20

/20

/20

/20

### DAY 23

**Form Shooting:** 2-3 sets of 5 shots

**Elbow to Elbows:** 1-2 sets of 25 shots

**Spin to Win:** 2 sets of 20 shots. Run a sprint for every miss.

**Free Throws:** 2-3 sets of 10 shots

/5

/5

/5

/25

/25

/20

/20

/10

/10

/10

### DAY 24

**5 Spots:** 1-2 sets of 10 shots

**5 Spots - Front Pivot:** 1-2 sets of 10 shots

**5 Spots - Reverse Pivot:** 1-2 sets of 10 shots

**Spin to Win - Faceup:** 1-2 sets of 10 shots

/5

/5

/5

/10

/10

/10

/10

/10

/10

/10

/10

### DAY 25

**Form Shooting:** 1-2 sets of 5 shots

**Pull Ups:** 2-3 sets of 10 shots

**Pull Up 3s:** 2-3 sets of 10 shots

**Pump & Go - Live Dribble:** 1-2 sets of 15 shots

/5

/5

/10

/10

/10

/10

/10

/10

/15

/15

# SHOOTING WORKOUTS 26-30

	WORKOUT	PERFORMANCE
<input type="checkbox"/> DAY 26	<b>Form Shooting:</b> 1-2 sets of 10 shots	/10   /10
	<b>Elbow to Elbow:</b> 2-3 sets of 20 shots	/20   /20   /20
	<b>5 Spots:</b> 1-2 sets of 20 shots	/20   /20
	<b>Pull Ups:</b> 2-3 sets of 15 shots	/15   /15
	<b>Free Throws:</b> 2-3 sets of 10 shots	/10   /10   /10
<input type="checkbox"/> DAY 27	<b>5 Spot 3s:</b> 2-3 sets of 5 shots	/5   /5   /5
	<b>Flare Screen:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>Flare Screen - Pump &amp; Go:</b> 2-3 sets of 10 shots	/10   /10   /10
	<b>Free Throws:</b> 1-2 sets of 10 shots	/10   /10
<input type="checkbox"/> DAY 28	<b>Elbow to Elbow - Layups:</b> 2-3 sets of 25 shots	/25   /25   /25
	<b>Elbow to Elbow - Pull Ups:</b> 2-3 sets of 20 shots	/20   /20   /20
	<b>Elbow to Elbow:</b> 2-3 sets of 15 shots	/15   /15   /15
	<b>Free Throws:</b> 2 sets of 10 shots. Player must do 5 pushups for every miss.	/10   /10
<input type="checkbox"/> DAY 29	<b>Form Shooting:</b> 2-3 sets of 5 shots	/5   /5   /5
	<b>Beat the Cone:</b> 2-3 sets of 20 shots	/20   /20
	<b>Pull Up 3s:</b> 2-3 sets of 10 shots	/10   /10   /10
<input type="checkbox"/> DAY 30	<b>Curl Screen:</b> 2-3 sets of 20 shots	/5   /5   /5
	<b>Elbow to Elbow:</b> 1-2 sets of 25 shots	/20   /20   /20
	<b>Free Throws:</b> 2-3 sets of 10 shots. Player must do a windsprint for every miss.	/20   /20

# WORKOUT CALENDAR

<p><b>1</b></p> <p><b>Form Shooting:</b> 2-3 x 5  <b>Elbow to Elbow:</b> 2-3 x 10  <b>Free Throws:</b> 2-3 x 10</p>	<p><b>2</b></p> <p><b>5 Spots:</b> 2-3 x 10  <b>Pull Ups:</b> 1-2 x 20  <b>Curl Screen:</b> 2-3 x 10</p>	<p><b>3</b></p> <p><b>Beat the Cone:</b> 2-3 x 20  <b>Pump &amp; Go:</b> 2-3 x 20  <b>Spin to Win:</b> 2-3 x 20</p>	<p><b>4</b></p> <p><b>Form Shooting:</b> 2-3 x 5  <b>Spot 3s:</b> 2-3 x 10  <b>Flare Screen:</b> 2-3 x 10  <b>Pull Up 3s:</b> 1-2 x 10</p>	<p><b>5</b></p> <p><b>Curl Screen:</b> 2-3 x 10  <b>Flare Screen:</b> 2-3 x 10  <b>Elbow to Elbow:</b> 1-2 x 15  <b>Free Throws:</b> 1-2 x 10</p>
<p><b>6</b></p> <p><b>Elbow to Elbow:</b> 2-3 x 10  <b>Beat the Cone Pull Ups:</b> 1-2 x 20  <b>Curl Screen:</b> 2-3 x 10  <b>5 Spots:</b> 1-2 x 10  <b>Free Throws:</b> 2-3 x 10</p>	<p><b>7</b></p> <p><b>Form Shooting:</b> 2-3 x 5  <b>5 Spot 3s:</b> 2-3 x 10  <b>Curl Screen 3s:</b> 2-3 x 10  <b>Pump &amp; Go Finish:</b> 1-2 x 25</p>	<p><b>8</b></p> <p><b>5 Spots:</b> 2-3 x 10  <b>5 Spots – Front Pivot:</b> 2-3 x 10  <b>5 Spots – Reverse Pivot:</b> 2-3 x 10  <b>5 Spots – Pullups:</b> 2-3 x 20</p>	<p><b>9</b></p> <p><b>Form Shooting:</b> 2-3 x 5  <b>Elbow to Elbow:</b> 2-3 x 20  <b>Spin to Win:</b> 1-2 x 20. 1 push-up for each missed layup.</p>	<p><b>10</b></p> <p><b>Pull ups:</b> 2-3 x 15  <b>Pump &amp; Go:</b> 2-3 x 15  <b>Pull Up 3s:</b> 2-3 x 10</p>
<p><b>11</b></p> <p><b>Elbow to Elbow:</b> 2-3 x 10  <b>Beat the Cone Pull Ups:</b> 1-2 x 20  <b>Curl Screen:</b> 2-3 x 10  <b>5 Spots:</b> 1-2 x 10  <b>Free Throws:</b> 2-3 x 10</p>	<p><b>12</b></p> <p><b>Form Shooting:</b> 2-3 x 5  <b>5 Spot 3s:</b> 2-3 x 10  <b>Curl Screen 3s:</b> 2-3 x 10  <b>Pump &amp; Go Finish:</b> 1-2 x 25</p>	<p><b>13</b></p> <p><b>5 Spots:</b> 2-3 x 10  <b>5 Spots – Front Pivot:</b> 2-3 x 10  <b>5 Spots – Reverse Pivot:</b> 2-3 x 10  <b>5 Spots – Pullups:</b> 2-3 x 20</p>	<p><b>14</b></p> <p><b>Form Shooting:</b> 2-3 x 5  <b>Elbow to Elbow:</b> 2-3 x 20  <b>Spin to Win:</b> 1-2 x 20. 1 push-up for each missed layup.</p>	<p><b>15</b></p> <p><b>Pull ups:</b> 2-3 x 15  <b>Pump &amp; Go:</b> 2-3 x 15  <b>Pull Up 3s:</b> 2-3 x 10</p>
<p><b>16</b></p> <p><b>Curl Screen:</b> 1-2 x 20  <b>Free Throws:</b> 1 x 2  <b>Curl Screen – Dribble Pull Ups:</b> 1-2 x 20  <b>Free Throws:</b> 1 x 2  <b>Curl Screen – Stepback Dribble:</b> 1-2 x 20  <b>Free Throws:</b> 3 x 2</p>	<p><b>17</b></p> <p><b>Form Shooting:</b> 2-3 x 5  <b>5 Spot 3s:</b> 2-3 x 10  <b>Flare Screen - Fade:</b> 1-2 x 15  <b>Pump &amp; Go:</b> 1-2 x 20</p>	<p><b>18</b></p> <p><b>Pull Ups:</b> 2-3 x 20  <b>Spin to Win Pull Ups:</b> 2-3 x 20  <b>Pump &amp; Go Pull Ups:</b> 2-3 x 20  <b>Free Throws:</b> 2-3 x 10. 1 sprint for every miss.</p>	<p><b>19</b></p> <p><b>Curl Screen – Finish at Hoop:</b> 2-3 x 20  <b>Spin to Win:</b> 1-2 x 20  <b>Beat the Cone:</b> 2-3 x 10  <b>Pump &amp; Go:</b> 1-2 x 15  <b>Free Throws:</b> 2-3 x 10</p>	<p><b>20</b></p> <p><b>Form Shooting:</b> 2-3 x 5  <b>5 Spots:</b> 1-2 x 20  <b>Elbow to Elbow:</b> 1-2 x 10</p>
<p><b>21</b></p> <p><b>Form Shooting:</b> 1-2 x 10  <b>Curl Screen:</b> 2-3 x 15  <b>Beat the Cone:</b> 2-3 x 20</p>	<p><b>22</b></p> <p><b>5 Spots:</b> 2-3 x 10  <b>Pull Ups:</b> 1-2 x 20  <b>Curl Screen – Pull Ups:</b> 2-3 x 20</p>	<p><b>23</b></p> <p><b>Form Shooting:</b> 2-3 x 5  <b>Elbow to Elbow:</b> 1-2 x 25  <b>Spin to Win:</b> 2 x 20. 1 sprint for every miss.  <b>Free Throws:</b> 2-3 x 10</p>	<p><b>24</b></p> <p><b>5 Spots:</b> 1-2 x 10  <b>5 Spots – Front Pivot:</b> 1-2 x 10  <b>5 Spots – Reverse Pivot:</b> 1-2 x 10  <b>Spin to Win – Faceup:</b> 1-2 x 10</p>	<p><b>25</b></p> <p><b>Form Shooting:</b> 1-2 x 5  <b>Pull Ups:</b> 2-3 x 10  <b>Pull Up 3s:</b> 2-3 x 10  <b>Pump &amp; Go – Live Dribble:</b> 1-2 x 15</p>
<p><b>26</b></p> <p><b>Form Shooting:</b> 1-2 x 10  <b>Elbow to Elbow:</b> 2-3 x 20  <b>5 Spots:</b> 1-2 x 20  <b>Pull Ups:</b> 2-3 x 15  <b>Free Throws:</b> 2-3 x 10</p>	<p><b>27</b></p> <p><b>5 Spot 3s:</b> 2-3 x 5  <b>Flare Screen:</b> 2-3 x 10  <b>Flare Screen – Pump &amp; Go:</b> 2-3 x 10  <b>Free Throws:</b> 1-2 x 10</p>	<p><b>28</b></p> <p><b>Elbow to Elbow – Layups:</b> 2-3 x 25  <b>Elbow to Elbow – Pull Ups:</b> 2-3 x 20  <b>Elbow to Elbow:</b> 2-3 x 15  <b>Free Throws:</b> 2 x 10. Player must do 5 pushups for every miss.</p>	<p><b>29</b></p> <p><b>5 Spots:</b> 1-2 x 10  <b>5 Spots – Front Pivot:</b> 1-2 x 10  <b>5 Spots – Reverse Pivot:</b> 1-2 x 10  <b>Spin to Win – Faceup:</b> 1-2 x 10</p>	<p><b>30</b></p> <p><b>Form Shooting:</b> 1-2 x 5  <b>Pull Ups:</b> 2-3 x 10  <b>Pull Up 3s:</b> 2-3 x 10  <b>Pump &amp; Go – Live Dribble:</b> 1-2 x 15</p>



**30 DAY  
SHOOTING  
WORKOUT  
CHALLENGE**

**CERTIFICATE OF COMPLETION**

**NAME:**

**DATE:**