

# Basic Guard Shooting Workout

*"I use my scoring ability to be a better passer, and my passing ability to become a better scorer."*

*- Steve Nash*

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	10	10 /	10 /	10 /	10 /	10 /	10 /
Form Shooting: 3ft	5	5 /	5 /	5 /	5 /	5 /	5 /
Form Shooting: 3ft	5	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
X Out Layups	10	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /
Chair Attack: In-and-Out, Drive	8	8 /	8 /	8 /	8 /	8 /	8 /
Chair Attack: In-and-Out, Shot	4	4 /	4 /	4 /	4 /	4 /	4 /
Chair Attack: Crossover, Drive	8	8 /	8 /	8 /	8 /	8 /	8 /
Chair Attack: Crossover, Shot	4	4 /	4 /	4 /	4 /	4 /	4 /
Chair Attack: Through-the-Legs, Drive	8	8 /	8 /	8 /	8 /	8 /	8 /
Chair Attack: Through-the-Legs, Shot	4	4 /	4 /	4 /	4 /	4 /	4 /

<b>Chair Attack: Behind-the-Back, Drive</b>	8	8 /	8 /	8 /	8 /	8 /	8 /
<b>Chair Attack: Behind-the-Back, Shot</b>	4	4 /	4 /	4 /	4 /	4 /	4 /
<b>Free Throws</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>PnR Guard: Drive</b>	8	8 /	8 /	8 /	8 /	8 /	8 /
<b>PnR Guard: 2-Dribble Pull-Up</b>	8	8 /	8 /	8 /	8 /	8 /	8 /
<b>PnR Guard: Step Back Three</b>	4	4 /	4 /	4 /	4 /	4 /	4 /
<b>PnR Guard: Deny Screen, Drive</b>	8	8 /	8 /	8 /	8 /	8 /	8 /
<b>Free Throws</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>Midrange Shots: Left Corner</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>Midrange Shots: Left Wing</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>Midrange Shots: Top of Key</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>Midrange Shots: Right Wing</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>Midrange Shots: Right Corner</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>1-Dribble Pull-Up: Left Corner</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>1-Dribble Pull-Up: Left Wing</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>1-Dribble Pull-Up: Top of Key</b>	5	5 /	5 /	5 /	5 /	5 /	5 /

<b>1-Dribble Pull-Up: Right Wing</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>1-Dribble Pull-Up: Right Corner</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>Three-Point Shots: Left Corner</b>	3	3 /	3 /	3 /	3 /	3 /	3 /
<b>Three-Point Shots: Left Wing</b>	3	3 /	3 /	3 /	3 /	3 /	3 /
<b>Three-Point Shots: Top of Key</b>	3	3 /	3 /	3 /	3 /	3 /	3 /
<b>Three-Point Shots: Right Wing</b>	3	3 /	3 /	3 /	3 /	3 /	3 /
<b>Three-Point Shots: Right Corner</b>	3	3 /	3 /	3 /	3 /	3 /	3 /
<b>Free Throws</b>	5	5 /	5 /	5 /	5 /	5 /	5 /
<b>Total:</b>	<b>196 Made Shots</b>	196 /	196 /	196 /	196 /	196 /	196 /

Shooting workout created by Coach Mac from [www.basketballforcoaches.com](http://www.basketballforcoaches.com)

# Basic Guard Workout Instructions

**Overview:** The Basic Workout is a workout consisting of 196 made shots that focus on scoring out of the pick-and-roll, driving to the basket, and outside shooting. This is a great workout for all guards.

## You Will Need:

- One basketball

## WORKOUT INSTRUCTIONS:

**Form Shooting 3ft — 10 Made Shots** — Make 10 shots shooting from 3ft away from the basket.

**Form Shooting 5ft — 5 Made Shots** — Make 5 shots shooting from 5ft away from the basket.

**Form Shooting 7ft — 5 Made Shots** — Make 5 shots shooting from 7ft away from the basket.

**Free Throws — 5 Made Shots** — Using your complete free-throw routine, make 5 free-throws.

**X-Out Layups — 10 Made Shots** — X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this until 10 made layups.

**Free Throws — 5 Made Shots** — Using your complete free-throw routine, make 5 free-throws.

**Chair Attack Series — 48 Made Shots** — Begin this drill by placing a chair or cone on each wing at the three-point line. The player will then attack one of the chairs off the dribble by performing a move that will lead into a layup or a jump shot. Each time they rebound the basketball, they then dribble out to the other side and attack the chair on the opposite wing. You must make the following moves:

- In-and-out, drive x 8
- In-and-out, jump shot x 4
- Crossover, drive x 8
- Crossover, jump shot x 4
- Through-the-legs, drive x 8
- Through-the-legs, jump shot x 4
- Behind-the-back, drive x 8
- Behind-the-back, jump shot x 4