



# Individual Workout

- 1 Hand Form Shooting (make 3 – step back ½ step)
- Add Balance Hand (same as above)
- 1-2 step into shot - 25x
  - 5 FT's - after each FT, Left Hand Layup
- 1 Dribble Right pull-up J - 25x
  - 5 FT's - after each FT, Left Hand Layup
- 1 Dribble Left pull-up J - 25x
  - 5 FT's - after each FT, Left Hand Layup
- Spinout Left to Right, Left foot pivot - 25x
  - 5 FT's - after each FT, Left Hand Layup
- Spinout Right to Left, Right foot pivot - 25x
  - 5 FT's – after each FT, Left Hand Layup
- 2 Dribbles Right, Left foot pivot – 25x
  - 5 FT's – after each FT, Left Hand Layup
- 2 Dribbles Left, Right foot pivot – 25x
  - 5 FT's – after each FT, Left Hand Layup
- Stepbacks Right dribble – 25x
  - 5 FT's – after each FT, Left Hand Layup
- Stepbacks Left dribble – 25x
  - 5 FT's – after each FT, Left Hand Layup
- Shotfake – Shot (25x)
  - 5 FT's – after each FT, Left Hand Layup
- Show and Go Right – 25x
  - 5 FT's – after each FT, Left Hand Layup
- Show and Go Left – 25x
  - 5 FT's – after each FT, Left Hand Layup
- Jab Jumper – 25x
  - 5 FT's – after each FT, Left Hand Layup
- Jab & Go Right – 25x
  - 5 FT's – after each FT, Left Hand Layup
- Jab & Go Left – 25x
  - 5 FT's – after each FT, Left Hand Layup
- 5 Spot Shooting – 25x each (15 ft or 3pt)
  - 2 Corners
  - 2 Wings
  - 1 Top of Key