



## Steve Nash 20-Minute Real Time Shooting

\*Do each for about a minute and a half to a minute and forty seconds- After every make move to the other side or a new spot- After each miss go back and take the shot again from where you missed- Dribble at GAME SPEED to each spot with your head up, working on your handle.

- 1) Baseline jump shots from right outside the lane, work your way back little by little to warm up
- 2) Bank shots from ten feet
- 3) Elbow jumpers
- 4) Runners/floaters in the lane
- 5) Turn around jump shots from the post going off both shoulders
- 6) Sweeping hooks across the lane
- 7) Top of the key, one dribble pull up at the elbow
- 8) Hesitation shots, dribble hard and hesitate before pulling up
- 9) Spin move into shot
- 10) Step backs
- 11) Pick and roll shots (Shoot behind the screen, come off hard and pull up, drag two dribbles and then shoot, curl off and pull up, step back and watch roll then pull up
- 12) Extend your range (college threes for weaker shooters, NBA threes for great ones)