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PSB Shooting Program

Day #1 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ runs below	15	15		15		15		15	
Half-court & back jogs Alternate w/ squats above	3	3		3		3		3	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/10	/10		/10		/10		/10	
15 ft. jump shots right wing	/10	/10		/10		/10		/10	
15 ft. jump shots left wing	/10	/10		/10		/10		/10	
15 ft. jump shots right baseline	/10	/10		/10		/10		/10	
15 ft. jump shots left baseline	/10	/10		/10		/10		/10	
Spot shots in 1 min.	:makes	:makes		:makes		:makes		:makes	
Free Throws - "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	



PSB Shooting Program

Day #2 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jumping jacks below	15	15		15		15		15	
Jumping Jacks Alternate w/ squats above	12	12		12		12		12	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left baseline	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right baseline	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/10	/10		/10		/10		/10	
Toss & Step In Left baseline	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In TOK	/10	/10		/10		/10		/10	
Jumpers TOK - "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	
Around the World	5 spots	5 spots							



PSB Shooting Program

Day #3 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ slide below	1	1		1		1		1	
FT line & back Defensive Slide Alternate w/ lunge above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/10	/10		/10		/10		/10	
Toss & Step In Left baseline	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In TOK	/10	/10		/10		/10		/10	
Shots in 2 minutes	:makes	:makes		:makes		:makes		:makes	
15ft. Swishes (5 spots)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #4 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ jogs below	1	1		1		1		1	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/20	/20		/20		/20		/20	
15 ft. jump shots right wing	/20	/20		/20		/20		/20	
15 ft. jump shots left wing	/20	/20		/20		/20		/20	
15 ft. jump shots right baseline	/20	/20		/20		/20		/20	
15 ft. jump shots left baseline	/20	/20		/20		/20		/20	
Around the World (2 makes to advance)	5 spots	5 spots		5 spots		5 spots		5 spots	
Free Throws	5 makes in a row	5 makes in a row		5 makes in a row		5 makes in a row		5 makes in a row	



PSB Shooting Program

Day #5 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ defensive slides below	20	20		20		20		20	
FT & back defensive slide Alternate w/ squats above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
15ft. Swishes (5 spots)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #6 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ jogs above	12	12		12		12		12	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Lunge Shooting - TOK	/10	/10		/10		/10		/10	
Lunge Shooting - Right wing	/10	/10		/10		/10		/10	
Lunge Shooting - Left wing	/10	/10		/10		/10		/10	
Chair Shooting - FT line	/20	/20		/20		/20		/20	
Chair Shooting - Left wing	/20	/20		/20		/20		/20	
Chair Shooting - Right wing	/20	/20		/20		/20		/20	
15 ft. jump shots TOK	/20	/20		/20		/20		/20	
15 ft. jump shots right wing	/20	/20		/20		/20		/20	
15 ft. jump shots left wing	:shots	:shots		:shots		:shots		:shots	
Beat the Pro (choose any spot)	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	



PSB Shooting Program

Day #7 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jogs below	15	15		15		15		15	
Half-court & back jogs Alternate w/ squats above	3	3		3		3		3	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/10	/10		/10		/10		/10	
15 ft. jump shots right wing	/10	/10		/10		/10		/10	
15 ft. jump shots left wing	/10	/10		/10		/10		/10	
15 ft. jump shots right baseline	/10	/10		/10		/10		/10	
15 ft. jump shots left baseline	/10	/10		/10		/10		/10	
Spot shots in 1 min.	:makes	:makes		:makes		:makes		:makes	
Free Throws - "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	



PSB Shooting Program

Day #8 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jumping jacks below	15	15		15		15		15	
Jumping Jacks Alternate w/ squats above	12	12		12		12		12	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left baseline	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right baseline	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/10	/10		/10		/10		/10	
Toss & Step In Left baseline	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In TOK	/10	/10		/10		/10		/10	
Jumpers TOK - "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	
Around the World	5 spots	5 spots		5 spots		5 spots		5 spots	



PSB Shooting Program

Day #9 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ jogs below	1	1		1		1		1	
FT & back defensive slide Alternate w/ lunges above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
Shots in 2 min	:makes	:makes		:makes		:makes		:makes	



PSB Shooting Program

Day #10 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ defensive slides below	20	20		20		20		20	
Jumping Jacks Alternate w/ squats above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/20	/20		/20		/20		/20	
15 ft. jump shots right wing	/20	/20		/20		/20		/20	
15 ft. jump shots left wing	/20	/20		/20		/20		/20	
15 ft. jump shots right baseline	/20	/20		/20		/20		/20	
15 ft. jump shots left baseline	/20	/20		/20		/20		/20	
Beat the Jumpers TOK - "Beat the Pro" Pro	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	
15 ft. Swishes (5 spots)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #11 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ slide below	12	12		12		12		12	
FT & back defensive slide Alternate w/ lunge above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In TOK	/20	/20		/20		/20		/20	
Toss & Step In Left baseline	/20	/20		/20		/20		/20	
Toss & Step In Right wing	/20	/20		/20		/20		/20	
Toss & Step In Right wing	/20	/20		/20		/20		/20	
Toss & Step In TOK	/20	/20		/20		/20		/20	
15ft. Swishes (5 spots)	:shots	:shots		:shots		:shots		:shots	
Around the World	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #12 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ jogs below	1	1		1		1		1	
Jumping Jacks Alternate w/ lunges above	15	15		15		15		15	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/20	/20		/20		/20		/20	
15 ft. jump shots right wing	/20	/20		/20		/20		/20	
15 ft. jump shots left wing	/20	/20		/20		/20		/20	
15 ft. jump shots right baseline	/20	/20		/20		/20		/20	
15 ft. jump shots left baseline	/20	/20		/20		/20		/20	
Around the World (2 makes to advance)	5 spots	5 spots		5 spots		5 spots		5 spots	
Shots in 2 minutes	:makes	:makes		:makes		:makes		:makes	



PSB Shooting Program

Day #13 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ slide below	12	12		12		12		12	
FT & back defensive slide Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Beat the Jumpers TOK - "Beat the Pro"Pro	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	
Shots in 2 minutes	:makes	:makes		:makes		:makes		:makes	



PSB Shooting Program

Day #14 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ slide below	12	12		12		12		12	
FT & back defensive slide Alternate w/ lunges above	3	3		3		3		3	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
Beat the Jumpers TOK - "Beat the Pro"Pro	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	



PSB Shooting Program

Day #15 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jumping jacks below	15	15		15		15		15	
Jumping Jacks Alternate w/ squats above	12	12		12		12		12	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left baseline	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right baseline	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/10	/10		/10		/10		/10	
Toss & Step In Left baseline	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In TOK	/10	/10		/10		/10		/10	
Jumpers TOK - "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	
Around the World	5 spots	5 spots		5 spots		5 spots		5 spots	



PSB Shooting Program

Day #16 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jog below	15	15		15		15		15	
Half-court & back jogs Alternate w/ squats above	3	3		3		3		3	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/10	/10		/10		/10		/10	
15 ft. jump shots right wing	/10	/10		/10		/10		/10	
15 ft. jump shots left wing	/10	/10		/10		/10		/10	
15 ft. jump shots right baseline	/10	/10		/10		/10		/10	
15 ft. jump shots left baseline	/10	/10		/10		/10		/10	
Spot shots in 1 min.	:makes	:makes		:makes		:makes		:makes	
Free Throws - "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	



PSB Shooting Program

Day #17 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jumping jacks below	15	15		15		15		15	
Jumping Jacks Alternate w/ squats above	12	12		12		12		12	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left baseline	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right baseline	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/10	/10		/10		/10		/10	
Toss & Step In Left baseline	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In TOK	/10	/10		/10		/10		/10	
Jumpers TOK - "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	
Around the World	5 spots	5 spots		5 spots		5 spots		5 spots	



PSB Shooting Program

Day #18 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ slide below	1	1		1		1		1	
FT line & back defensive slide Alternate w/ squats above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/10	/10		/10		/10		/10	
Toss & Step In Left baseline	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In TOK	/10	/10		/10		/10		/10	
Shots in 2 minutes	:makes	:makes		:makes		:makes		:makes	
15ft. Swishes (5 spots)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #19 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ slide below	1	1		1		1		1	
FT & back defensive slide Alternate w/ lunges above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
Shots in 2 min	:makes	:makes		:makes		:makes		:makes	



PSB Shooting Program

Day #20 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ jog below	1	1		1		1		1	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/20	/20		/20		/20		/20	
15 ft. jump shots right wing	/20	/20		/20		/20		/20	
15 ft. jump shots left wing	/20	/20		/20		/20		/20	
15 ft. jump shots right baseline	/20	/20		/20		/20		/20	
15 ft. jump shots left baseline	/20	/20		/20		/20		/20	
Around the World (2 makes to advance)	5 spots	5 spots		5 spots		5 spots		5 spots	
Free Throws	5 makes in a row	5 makes in a row		5 makes in a row		5 makes in a row		5 makes in a row	



PSB Shooting Program

Day #21 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ defensive slides below	12	12		12		12		12	
FT & back defensive slide Alternate w/ squats above	3	3		3		3		3	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
Beat the Jumpers TOK - "Beat the Pro"Pro	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	



PSB Shooting Program

Day #22 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ slide below	1	1		1		1		1	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/30	/30		/30		/30		/30	
15 ft. jump shots right wing	/30	/30		/30		/30		/30	
15 ft. jump shots left wing	/30	/30		/30		/30		/30	
15 ft. jump shots right baseline	/30	/30		/30		/30		/30	
15 ft. jump shots left baseline	/30	/30		/30		/30		/30	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
Free Throws	5 makes in a row	5 makes in a row		5 makes in a row		5 makes in a row		5 makes in a row	



PSB Shooting Program

Day #23 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ slide below	12	12		12		12		12	
FT & back defensive slide Alternate w/ lunge above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Beat the Jumpers TOK - "Beat the Pro"Pro	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	
Shots in 2 minutes	:makes	:makes		:makes		:makes		:makes	



PSB Shooting Program

Day #24 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ slide below	1	1		1		1		1	
FT & back defensive slide Alternate w/ lunge above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/10	/10		/10		/10		/10	
Toss & Step In Left baseline	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In TOK	/10	/10		/10		/10		/10	
Shots in 2 minutes	:makes	:makes		:makes		:makes		:makes	
15ft. Swishes (5 spots)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #25 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ jog below	1	1		1		1		1	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/30	/30		/30		/30		/30	
15 ft. jump shots right wing	/30	/30		/30		/30		/30	
15 ft. jump shots left wing	/30	/30		/30		/30		/30	
15 ft. jump shots right baseline	/30	/30		/30		/30		/30	
15 ft. jump shots left baseline	/30	/30		/30		/30		/30	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
Free Throws	5 makes in a row	5 makes in a row		5 makes in a row		5 makes in a row		5 makes in a row	



PSB Shooting Program

Day #26 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ slide below	12	12		12		12		12	
FT line & back defensive slide Alternate w/ lunge above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/10	/10		/10		/10		/10	
Toss & Step In Left baseline	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In Right wing	/10	/10		/10		/10		/10	
Toss & Step In TOK	/10	/10		/10		/10		/10	
Shots in 2 minutes	:makes	:makes		:makes		:makes		:makes	
15ft. Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #27 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ slide below	12	12		12		12		12	
FT & back defensive slide Alternate w/ squat above	3	3		3		3		3	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
Beat the Jumpers TOK - "Beat the Pro"Pro	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	



PSB Shooting Program

Day #28 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ jog below	1	1		1		1		1	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/30	/30		/30		/30		/30	
15 ft. jump shots right wing	/30	/30		/30		/30		/30	
15 ft. jump shots left wing	/30	/30		/30		/30		/30	
15 ft. jump shots right baseline	/30	/30		/30		/30		/30	
15 ft. jump shots left baseline	/30	/30		/30		/30		/30	
Shots in 3 minutes - TOK 3-pointers	:makes	:makes		:makes		:makes		:makes	
Free Throws	5 makes in a row	5 makes in a row		5 makes in a row		5 makes in a row		5 makes in a row	



PSB Shooting Program

Day #29 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ slide below	12	12		12		12		12	
FT & back defensive slide Alternate w/ lunges above	3	3		3		3		3	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
TOK 3 pointers- "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	



PSB Shooting Program

Day #30 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ jacks below	15	15		15		15		15	
Jumping Jacks Alternate w/ lunge above	16	16		16		16		16	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/30	/30		/30		/30		/30	
15 ft. jump shots right wing	/30	/30		/30		/30		/30	
15 ft. jump shots left wing	/30	/30		/30		/30		/30	
15 ft. jump shots right baseline	/30	/30		/30		/30		/30	
15 ft. jump shots left baseline	/30	/30		/30		/30		/30	
15ft. Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	
Free Throws	2 Swishes	2 Swishes		3 Swishes		2 Swishes		3 Swishes	



PSB Shooting Program

Day #31 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jog below	20	20		20		20		20	
Half-court & back jogs Alternate w/ squats above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/20	/20		/20		/20		/20	
Toss & Step In Left baseline	/20	/20		/20		/20		/20	
Toss & Step In Right wing	/20	/20		/20		/20		/20	
Toss & Step In Right wing	/20	/20		/20		/20		/20	
Toss & Step In TOK	/20	/20		/20		/20		/20	
Shots in 4 minutes	:makes	:makes		:makes		:makes		:makes	
15ft. Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #32 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ jog below	1	1		1		1		1	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/25	/25		/25		/25		/25	
15 ft. jump shots right wing	/25	/25		/25		/25		/25	
15 ft. jump shots left wing	/25	/25		/25		/25		/25	
15 ft. jump shots right baseline	/25	/25		/25		/25		/25	
15 ft. jump shots left baseline	/25	/25		/25		/25		/25	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
Free Throws	5 makes in a row	5 makes in a row		5 makes in a row		5 makes in a row		5 makes in a row	



PSB Shooting Program

Day #33 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ slide below	20	20		20		20		20	
FT & back defensive slide Alternate w/ squat above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 3 in a row)	:shots	:shots		:shots		:shots		:shots	
Wing 3 pointers	/12	/12		/12		/12		/12	



PSB Shooting Program

Day #34 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ jumping jacks below	16	16		16		16		16	
Jumping Jacks Alternate w/ lunge above	16	16		16		16		16	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/30	/30		/30		/30		/30	
15 ft. jump shots right wing	/30	/30		/30		/30		/30	
15 ft. jump shots left wing	/30	/30		/30		/30		/30	
15 ft. jump shots right baseline	/30	/30		/30		/30		/30	
15 ft. jump shots left baseline	/30	/30		/30		/30		/30	
Around the World (2 makes to advance)	5 spots	5 spots		5 spots		5 spots		5 spots	
Shots in 2 minutes	:makes	:makes		:makes		:makes		:makes	



PSB Shooting Program

Day #35 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jog below	10	10		10		10		10	
Half-court & back jogs Alternate w/ squats above	2	2		2		2		2	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
Toss & Step In Right baseline	/25	/25		/25		/25		/25	
Toss & Step In Left baseline	/25	/25		/25		/25		/25	
Toss & Step In Right wing	/25	/25		/25		/25		/25	
Toss & Step In Right wing	/25	/25		/25		/25		/25	
Toss & Step In TOK	/25	/25		/25		/25		/25	
15ft. Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	
Wing 3-pointers	/12	/12		/12		/12		/12	



PSB Shooting Program

Day #36 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ slide below	10	10		10		10		10	
FT & back defensive slide Alternate w/ lunges above	3	3		3		3		3	
Lunge Shooting - TOK	10 shots	10 shots		10 shots		10 shots		10 shots	
Lunge Shooting - Right wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Lunge Shooting - Left wing	10 shots	10 shots		10 shots		10 shots		10 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers - "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	



PSB Shooting Program

Day #37 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jog below	12	12		12		12		12	
Half-court & back jogs Alternate w/ squats above	12	12		12		12		12	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/20	/20		/20		/20		/20	
15 ft. jump shots right wing	/20	/20		/20		/20		/20	
15 ft. jump shots left wing	/20	/20		/20		/20		/20	
15 ft. jump shots right baseline	/20	/20		/20		/20		/20	
15 ft. jump shots left baseline	/20	/20		/20		/20		/20	
Shots in 2 minutes	:makes	:makes		:makes		:makes		:makes	
Around the World (2 makes to advance)	5 spots	5 spots		5 spots		5 spots		5 spots	



PSB Shooting Program

Day #38 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ slide below	12	12		12		12		12	
FT & back defensive slide Alternate w/ lunges above	3	3		3		3		3	
Form Shooting Center	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting left	5 shots	5 shots		5 shots		5 shots		5 shots	
Form Shooting right	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Shots in 4 minutes	:makes	:makes		:makes		:makes		:makes	
15ft. Swishes (5 spots)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #39 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ jog below	1	1		1		1		1	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Chair Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
15 ft. jump shots TOK	/30	/30		/30		/30		/30	
15 ft. jump shots right wing	/30	/30		/30		/30		/30	
15 ft. jump shots left wing	/30	/30		/30		/30		/30	
15 ft. jump shots right baseline	/30	/30		/30		/30		/30	
15 ft. jump shots left baseline	/30	/30		/30		/30		/30	
TOK 3-pointers (make 10)	:shots	:shots		:shots		:shots		:shots	
Free Throws	5 makes in a row	5 makes in a row		5 makes in a row		5 makes in a row		5 makes in a row	



PSB Shooting Program

Day #40 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ defensive slides below	20	20		20		20		20	
FT & back defensive slide Alternate w/ squats above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 3 in a row)	:shots	:shots		:shots		:shots		:shots	
15ft. Swishes (5 spots)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #41 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ defensive jog below	20	20		20		20		20	
Half-court & back jogs Alternate w/ squats above	3	3		3		3		3	
Chair Shooting - FT line	10 shots	10 shots		10 shots		10 shots		10 shots	
Chair Shooting - Left wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Chair Shooting - Right wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Toss & Step In Right baseline	/25	/25		/25		/25		/25	
Toss & Step In Left baseline	/25	/25		/25		/25		/25	
Toss & Step In Right wing	/25	/25		/25		/25		/25	
Toss & Step In Right wing	/25	/25		/25		/25		/25	
Toss & Step In TOK	/25	/25		/25		/25		/25	
Shots in 4 minutes	:makes	:makes		:makes		:makes		:makes	
3-pointers - "Beat the Pro"	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #42 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ slide below	12	12		12		12		12	
FT & back defensive slide Alternate w/ lunges above	3	3		3		3		3	
Lunge Shooting - TOK	10 shots	10 shots		10 shots		10 shots		10 shots	
Lunge Shooting - Right wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Lunge Shooting - Left wing	10 shots	10 shots		10 shots		10 shots		10 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 10, 5 & 2)	:shots	:shots		:shots		:shots		:shots	
Shots in 4 minutes	:makes	:makes		:makes		:makes		:makes	
15ft. Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #43 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Half-court & back Lunge Walk Alternate w/ jog below	1	1		1		1		1	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	10 shots	10 shots		10 shots		10 shots		10 shots	
Chair Shooting - Left wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Chair Shooting - Right wing	10 shots	10 shots		10 shots		10 shots		10 shots	
15 ft. jump shots TOK	/20	/20		/20		/20		/20	
15 ft. jump shots right wing	/20	/20		/20		/20		/20	
15 ft. jump shots left wing	/20	/20		/20		/20		/20	
15 ft. jump shots right baseline	/20	/20		/20		/20		/20	
15 ft. jump shots left baseline	/20	/20		/20		/20		/20	
15ft. Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	
Free Throws - "Beat the Pro"	12 pts	12 pts		12 pts		12 pts		12 pts	



PSB Shooting Program

Day #44 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ slides below	20	20		20		20		20	
Half-court & back defensive slide Alternate w/ squat above	3	3		3		3		3	
Lunge Shooting - TOK	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Right wing	5 shots	5 shots		5 shots		5 shots		5 shots	
Lunge Shooting - Left wing	5 shots	5 shots		5 shots		5 shots		5 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 3 in a row)	:shots	:shots		:shots		:shots		:shots	
Wing 3 pointers - "Beat the Pro"	to 12 pts.	to 12 pts.		to 12 pts.		to 12 pts.		to 12 pts.	



PSB Shooting Program

Day #45 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Body weight squats Alternate w/ jogs below	20	20		20		20		20	
Half-court & back jogs Alternate w/ squats above	2	2		2		2		2	
Form Shooting Center	10 shots	10 shots		10 shots		10 shots		10 shots	
Form Shooting left	10 shots	10 shots		10 shots		10 shots		10 shots	
Form Shooting right	10 shots	10 shots		10 shots		10 shots		10 shots	
Toss & Step In Right baseline	/20	/20		/20		/20		/20	
Toss & Step In Left baseline	/20	/20		/20		/20		/20	
Toss & Step In Right wing	/20	/20		/20		/20		/20	
Toss & Step In Right wing	/20	/20		/20		/20		/20	
Toss & Step In TOK	/20	/20		/20		/20		/20	
Shots in 3 minutes	:makes	:makes		:makes		:makes		:makes	
Wing 3-pointers - "Beat the Pro"	to 12 pts.	to 12 pts.		to 12 pts.		to 12 pts.		to 12 pts.	



PSB Shooting Program

Day #46 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ jogs below	12	12		12		12		12	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	10 shots	10 shots		10 shots		10 shots		10 shots	
Chair Shooting - Left wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Chair Shooting - Right wing	10 shots	10 shots		10 shots		10 shots		10 shots	
15 ft. jump shots TOK	/25	/25		/25		/25		/25	
15 ft. jump shots right wing	/25	/25		/25		/25		/25	
15 ft. jump shots left wing	/25	/25		/25		/25		/25	
15 ft. jump shots right baseline	/25	/25		/25		/25		/25	
15 ft. jump shots left baseline	/25	/25		/25		/25		/25	
15ft. Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	
Around the World (for time)	:time	:time		:time		:time		:time	



PSB Shooting Program

Day #47 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Squat Jumps Alternate w/ jogs below	10	10		10		10		10	
HC & back jogs Alternate w/ squats above	3	3		3		3		3	
Lunge Shooting - TOK	10 shots	10 shots		10 shots		10 shots		10 shots	
Lunge Shooting - Right wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Lunge Shooting - Left wing	10 shots	10 shots		10 shots		10 shots		10 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
15ft. Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	
Around the World (for time)	:time	:time		:time		:time		:time	



PSB Shooting Program

Day #48 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate w/ slides below	12	12		12		12		12	
Half-court & back defensive slides Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	10 shots	10 shots		10 shots		10 shots		10 shots	
Chair Shooting - Left wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Chair Shooting - Right wing	10 shots	10 shots		10 shots		10 shots		10 shots	
15 ft. jump shots TOK	/25	/25		/25		/25		/25	
15 ft. jump shots right wing	/25	/25		/25		/25		/25	
15 ft. jump shots left wing	/25	/25		/25		/25		/25	
15 ft. jump shots right baseline	/25	/25		/25		/25		/25	
15 ft. jump shots left baseline	/25	/25		/25		/25		/25	
15ft. Swishes (2 in a row) (for time)	:time	:time		:time		:time		:time	
Around the World (for time)	:time	:time		:time		:time		:time	



PSB Shooting Program

Day #49 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Squat Jumps Alternate w/ jogs below	10	10		10		10		10	
HC & back jogs Alternate w/ squats above	3	3		3		3		3	
Form Shooting center	10 shots	10 shots		10 shots		10 shots		10 shots	
Form Shooting left	10 shots	10 shots		10 shots		10 shots		10 shots	
Form Shooting right	10 shots	10 shots		10 shots		10 shots		10 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	:shots	:shots		:shots		:shots		:shots	
3 pointers - "Beat the Pro"	to 12 pts	to 12 pts		to 12 pts		to 12 pts		to 12 pts	
Around the World (for time)	:time	:time		:time		:time		:time	



PSB Shooting Program

Day #50 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Lunge Drops Alternate with jogs below	12	12		12		12		12	
Half-court & back jogs Alternate w/ squats above	3	3		3		3		3	
Lunge Shooting - TOK	10 shots	10 shots		10 shots		10 shots		10 shots	
Lunge Shooting - Right wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Lunge Shooting - Left wing	10 shots	10 shots		10 shots		10 shots		10 shots	
Toss & Step In Right baseline	/15	/15		/15		/15		/15	
Toss & Step In Left baseline	/15	/15		/15		/15		/15	
Toss & Step In Right wing	/15	/15		/15		/15		/15	
Toss & Step In Right wing	/15	/15		/15		/15		/15	
Toss & Step In TOK	/15	/15		/15		/15		/15	
15ft. Swishes (5 spots)	:shots	:shots		:shots		:shots		:shots	
TOK 3-pointers (make 3 in a row)	:shots	:shots		:shots		:shots		:shots	