

Individual Workout #1

2 Player Workout (35 minutes)

Minutes	Drill	Emphasis
4	Attacking Closeouts	
1	2 Free Throws	Shoot 2 FTs each
3	Block Finishing	
1	2 Free Throws	Shoot 2 FTs each
3	Handoff Cone Finishing	
1	2 Free Throws	Shoot 2 FTs each
3	Cone Finishing	
1	2 Free Throws	Shoot 2 FTs each
7	47 Point Shooting	
1	2 Free Throws	Shoot 2 FTs each
10	Contested Shooting	5 Spots

Individual Workout #3

6 Player Workout (35 minutes)

Minutes	Drill	Emphasis
8	Finishing Moves	2x each finish, both sides
3	Handoff Finishing	
5	Slot, Slot, Corner	
2	:30 Steve Nash FTs	
5	Middle Attack	
6	Slot, Corner, Corner	
6	One More Shooting	

Individual Workout #2

4 Player Workout (35 minutes)

Minutes	Drill	Emphasis
5	Finishing Moves	Focus on 3-4 of our finishes
2	:30 Steve Nash FTs	
8	Pound Finishing	Best of 9
3	:30 Steve Nash FTs	
7	Escape Shooting	
5	2v2 Play with Teammate	Slot, Opposite Corner
7	100 3s	20 3s – corners, wings, top

