

WORKOUTS

PHASE

IV



PSB Shooting Program

Day #151 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
Around the Cone Shooting (pick 5 different spots) (1 min)	:score	:score		:score		:score		:score	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #152 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 jog Alternate w/ jumps below	1	1		1		1		1	
Side Long Jumps Alternate w/ jogs above	8/leg	8/leg		8/leg		8/leg		8/leg	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #153 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Defensive Slides to HC Alternate w/ jumps below	1	1		1		1		1	
Squat Jumps Alternate w/ slides above	10	10		10		10		10	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #154 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #155 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/12	/12		/12		/12		/12	
Jab Step Shots right wing	/12	/12		/12		/12		/12	
Jab Step Shots left wing	/12	/12		/12		/12		/12	
Jab Step Shots right baseline	/12	/12		/12		/12		/12	
Jab Step Shots left baseline	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #156 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
HC & back Lunge Walks Alternate w/ slides below	1	1		1		1		1	
Half-court & back defensive slides Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Speed Shooting (1 min)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #157 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	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot right wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot right wing	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #158 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	2	2		2		2		2	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 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	
Ladder Drill (for time)	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #159 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
12's	:time	:time		:time		:time		:time	
Hot Shot (1 minute)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #160 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/10	/10		/10		/10		/10	
Jab Step Shots right wing	/10	/10		/10		/10		/10	
Jab Step Shots left wing	/10	/10		/10		/10		/10	
Jab Step Shots right baseline	/10	/10		/10		/10		/10	
Jab Step Shots left baseline	/10	/10		/10		/10		/10	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #161 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
Around the Cone Shooting (pick 5 different spots) (1 min)	:score	:score		:score		:score		:score	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #162 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 jog Alternate w/ jumps below	1	1		1		1		1	
Side Long Jumps Alternate w/ jogs above	8/leg	8/leg		8/leg		8/leg		8/leg	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #163 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Defensive Slides to HC Alternate w/ jumps below	1	1		1		1		1	
Squat Jumps Alternate w/ slides above	10	10		10		10		10	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #164 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #165 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/12	/12		/12		/12		/12	
Jab Step Shots right wing	/12	/12		/12		/12		/12	
Jab Step Shots left wing	/12	/12		/12		/12		/12	
Jab Step Shots right baseline	/12	/12		/12		/12		/12	
Jab Step Shots left baseline	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #166 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
HC & back Lunge Walks Alternate w/ slides below	1	1		1		1		1	
Half-court & back defensive slides Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Speed Shooting (1 min)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #167 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	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot right wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot right wing	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #168 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	2	2		2		2		2	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 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	
Ladder Drill (for time)	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #169 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
12's	:time	:time		:time		:time		:time	
Hot Shot (1 minute)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #170 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/10	/10		/10		/10		/10	
Jab Step Shots right wing	/10	/10		/10		/10		/10	
Jab Step Shots left wing	/10	/10		/10		/10		/10	
Jab Step Shots right baseline	/10	/10		/10		/10		/10	
Jab Step Shots left baseline	/10	/10		/10		/10		/10	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #171 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
Around the Cone Shooting (pick 5 different spots) (1 min)	:score	:score		:score		:score		:score	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #172 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 jog Alternate w/ jumps below	1	1		1		1		1	
Side Long Jumps Alternate w/ jogs above	8/leg	8/leg		8/leg		8/leg		8/leg	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #173 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Defensive Slides to HC Alternate w/ jumps below	1	1		1		1		1	
Squat Jumps Alternate w/ slides above	10	10		10		10		10	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #174 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #175 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/12	/12		/12		/12		/12	
Jab Step Shots right wing	/12	/12		/12		/12		/12	
Jab Step Shots left wing	/12	/12		/12		/12		/12	
Jab Step Shots right baseline	/12	/12		/12		/12		/12	
Jab Step Shots left baseline	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #176 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
HC & back Lunge Walks Alternate w/ slides below	1	1		1		1		1	
Half-court & back defensive slides Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Speed Shooting (1 min)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #177 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	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot right wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot right wing	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #178 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	2	2		2		2		2	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 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	
Ladder Drill (for time)	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #179 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
12's	:time	:time		:time		:time		:time	
Hot Shot (1 minute)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #180 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/10	/10		/10		/10		/10	
Jab Step Shots right wing	/10	/10		/10		/10		/10	
Jab Step Shots left wing	/10	/10		/10		/10		/10	
Jab Step Shots right baseline	/10	/10		/10		/10		/10	
Jab Step Shots left baseline	/10	/10		/10		/10		/10	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #181 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
Around the Cone Shooting (pick 5 different spots) (1 min)	:score	:score		:score		:score		:score	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #182 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 jog Alternate w/ jumps below	1	1		1		1		1	
Side Long Jumps Alternate w/ jogs above	8/leg	8/leg		8/leg		8/leg		8/leg	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #183 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Defensive Slides to HC Alternate w/ jumps below	1	1		1		1		1	
Squat Jumps Alternate w/ slides above	10	10		10		10		10	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #184 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #185 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/12	/12		/12		/12		/12	
Jab Step Shots right wing	/12	/12		/12		/12		/12	
Jab Step Shots left wing	/12	/12		/12		/12		/12	
Jab Step Shots right baseline	/12	/12		/12		/12		/12	
Jab Step Shots left baseline	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #186 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
HC & back Lunge Walks Alternate w/ slides below	1	1		1		1		1	
Half-court & back defensive slides Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Speed Shooting (1 min)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #187 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	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot right wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot right wing	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #188 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	2	2		2		2		2	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 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	
Ladder Drill (for time)	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #189 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
12's	:time	:time		:time		:time		:time	
Hot Shot (1 minute)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #190 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/10	/10		/10		/10		/10	
Jab Step Shots right wing	/10	/10		/10		/10		/10	
Jab Step Shots left wing	/10	/10		/10		/10		/10	
Jab Step Shots right baseline	/10	/10		/10		/10		/10	
Jab Step Shots left baseline	/10	/10		/10		/10		/10	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #191 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
Around the Cone Shooting (pick 5 different spots) (1 min)	:score	:score		:score		:score		:score	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #192 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 jog Alternate w/ jumps below	1	1		1		1		1	
Side Long Jumps Alternate w/ jogs above	8/leg	8/leg		8/leg		8/leg		8/leg	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
TOK 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right wing 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Left baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
Right baseline 10 ft, 15ft, 20 ft. jump shots (make 12, 6 & 3)	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #193 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Defensive Slides to HC Alternate w/ jumps below	1	1		1		1		1	
Squat Jumps Alternate w/ slides above	10	10		10		10		10	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #194 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot FT line	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot left wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot right foot, front pivot right wing	/12	/12		/12		/12		/12	
15 ft. shots off pivot left foot, front pivot right wing	/12	/12		/12		/12		/12	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #195 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/12	/12		/12		/12		/12	
Jab Step Shots right wing	/12	/12		/12		/12		/12	
Jab Step Shots left wing	/12	/12		/12		/12		/12	
Jab Step Shots right baseline	/12	/12		/12		/12		/12	
Jab Step Shots left baseline	/12	/12		/12		/12		/12	
12's	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #196 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
HC & back Lunge Walks Alternate w/ slides below	1	1		1		1		1	
Half-court & back defensive slides Alternate w/ lunges above	3	3		3		3		3	
Chair Shooting - FT line	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Chair Shooting - Right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Around the World (for time)	:time	:time		:time		:time		:time	
Speed Shooting (1 min)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #197 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	
Half-court & back jogs Alternate w/ lunges above	3	3		3		3		3	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. shots off pivot right foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot FT line	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot left wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot right foot, front pivot right wing	/16	/16		/16		/16		/16	
15 ft. shots off pivot left foot, front pivot right wing	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #198 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Bound bouck	2	2		2		2		2	
Lunge Shooting - center	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Lunge Shooting - left wing	12 shots	12 shots		12 shots		12 shots		12 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	
Ladder Drill (for time)	:time	:time		:time		:time		:time	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	



PSB Shooting Program

Day #199 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 jog Alternate w/ jumps below	10	10		10		10		10	
Side Long Jumps Alternate w/ jogs above	1	1		1		1		1	
15 ft. Form Shooting center	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting left	12 shots	12 shots		12 shots		12 shots		12 shots	
15 ft. Form Shooting right	12 shots	12 shots		12 shots		12 shots		12 shots	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
12's	:time	:time		:time		:time		:time	
Hot Shot (1 minute)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #200 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/ bounding below	10	10		10		10		10	
Bound to HC & jog back Alternate w/ lunges above	1	1		1		1		1	
Speed Skater Shots - TOK	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - right wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Speed Skater Shots - left wing	12 shots	12 shots		12 shots		12 shots		12 shots	
Jab Step Shots TOK	/10	/10		/10		/10		/10	
Jab Step Shots right wing	/10	/10		/10		/10		/10	
Jab Step Shots left wing	/10	/10		/10		/10		/10	
Jab Step Shots right baseline	/10	/10		/10		/10		/10	
Jab Step Shots left baseline	/10	/10		/10		/10		/10	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	



PSB Shooting Program

Day #201 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC Power Skip back Alternate w/ form shooting below	2	2		2		2		2	
15 ft. Form Shooting center	10	10		10		10		10	
15 ft. jump shots TOK	/12	/12		/12		/12		/12	
15 ft. jump shots right wing	/12	/12		/12		/12		/12	
15 ft. jump shots left wing	/12	/12		/12		/12		/12	
Alternate Dribble Shooting TOK	/12	/12		/12		/12		/12	
Alternate Dribble Shooting right wing	/12	/12		/12		/12		/12	
Alternate Dribble Shooting left wing	/12	/12		/12		/12		/12	
Alternate Dribble Shooting right baseline	/12	/12		/12		/12		/12	
Alternate Dribble Shooting left baseline	/12	/12		/12		/12		/12	
3-pointers - "Beat the Pro"	to 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	
Nash Drill (to 40)	:time	:time		:time		:time		:time	



PSB Shooting Program

Day #202 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC & back Alternate w/ jumps below	3	3		3		3		3	
In & Outs Alternate w/ jogs above	10	10		10		10		10	
15 ft. jump shots TOK	/12	/12		/12		/12		/12	
15 ft. jump shots right wing	/12	/12		/12		/12		/12	
15 ft. jump shots left wing	/12	/12		/12		/12		/12	
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 15 pts.	to 15 pts.		to 15 pts.		to 15 pts.		to 15 pts.	
3-pointers Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	



PSB Shooting Program

Day #203 Workout

Name _____ Date & Time _____

	Set 1	Set 2	W/L	Set 3	W/L	Set 4	W/L	Set 5	W/L
Jog to HC & back Alternate w/ jumps below	3	3		3		3		3	
Squat jumps Alternate w/ jogs above	10	10		10		10		10	
15 ft. jump shots TOK	/12	/12		/12		/12		/12	
15 ft. jump shots right wing	/12	/12		/12		/12		/12	
15 ft. jump shots left wing	/12	/12		/12		/12		/12	
Alternate Dribble Shooting TOK	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left wing	/16	/16		/16		/16		/16	
Alternate Dribble Shooting right baseline	/16	/16		/16		/16		/16	
Alternate Dribble Shooting left baseline	/16	/16		/16		/16		/16	
Ladder Drill (4 times through)	:score	:score		:score		:score		:score	
3-pointers Swishes (2 in a row)	:shots	:shots		:shots		:shots		:shots	