## Build Your Own Workout (Summer 2020)

Table of Contents

1.	Warmup		5
	1.1	Lane Line Finishing	5
	1.2	Lane Line Shooting	5
	1.3	Full Court Layups	6
	1.4	Full Court Layups (2 balls)	6
	1.5	Sideline Handles	7
	1.6	Mikans and Reverse Mikans	7
	1.7	5 Spot Warmup Shooting	8
	1.8	String Shooting (Warmup)	8
	1.9	lane line passing	9
	1.10	first to 50	9
2.	Shoo	oting (NO rebounder)	10
	2.1	21 Shooting	10
	2.2	5 Spots in 4 Minutes	10
	2.3	Plus / Minus Shooting (Version A)	11
	2.4	30 point frenzy	11

	Build 2.5	Your Own Workout (Summer 2020) - Contents (cont.) Ray Allen Shooting	12
	2.6	Perimeter Threes	12
	2.7	Beat the PRO FT's	13
	2.8	Golf (free throws)	13
3.	Shoo	oting (with a partner)	14
	3.1	3 Man / 2 Ball	14
	3.2	5 Minute Shooting	15
	3.3	5 Spots in 4 Minutes	15
	3.4	Two Minute Shooting	16
	3.5	Celtic shooting	16
	3.6	The Crucible	17
	3.7	50 Shots	18
	3.8	Allen Houston	18
	3.9	Around the World	19
	3.10	Never Miss 2 in a Row	19
	3.11	Streak Game	20
	3.12	W - Shooting	20
	3.13	Wide Pin Shooting - Guard Version	21
	3.14	Four Spot Shooting Series	23
	3.15	Pitch and Blur Shooting Series	24
	3.16	3pt Marathon	26
	3.17	Plus / Minus Shooting (Version A)	26

	Build 3.18	I Your Own Workout (Summer 2020) - Contents (cont.) Plus / Minus Shooting (Version B)	) 27
	3.19	25 threes	27
4.	Foot	work	28
	4.1	Chair Drill	28
	4.2	Baseline Triple Threat	30
	4.3	Wing Square Ups	31
	4.4	Self-Toss Wing Pivots	32
	4.5	Lunge Series	34
5.	Finis	shing	36
	5.1	Wing Scoring Series	36
	5.2	Wing Rip Series	37
	5.3	Top Scoring Series	38
	5.4	Elbow Finishing Series	40
6.	Post	Moves	41
	6.1	30 Second Layups	41
	6.2	Back Pedel Finishes	41
	6.3	Block Pick Ups	42
	6.4	Dwight Howard Drill	42
	6.5	Agholor Drill	43
	6.6	DK Drill	44
	6.7	Baseline Rip Finishes	45
	6.8	Lunge Series	46

7.		d Your Own Workout (Summer 2020) - Contents (cont.) Screens	) 49
	7.1	Ball Screen Fundamentals (Guards)	49
	7.2	Ball Screen Shooting (Guards)	51
8.	Ball	Handling	53
	8.1	Stationary 1 ball	53
	8.2	Ball Handling with Cones	54
	8.3	Mobile 1 Ball	55
	8.4	Stationary 2 Ball - Version A	56
	8.5	Stationary 2 Ball - Version B	56
	8.6	2 Ball Moving Ball Handling	57
	8.7	Two Person Zig-Zag Ball Handling	57
	8.8	Continuous Ball Handling	58
	8.9	Ball Handling with Tennis Balls	59
9.	200	Make Shooting Workouts (Bonus)	60
	9.1	Shooting Workout Postseason 2020 (wk 1)	60
	9.2	Shooting Workout Postseason 2020 (wk 2)	62
	9.3	Shooting Workout Postseason 2020 (wk 3)	64
	9.4	Shooting Workout Postseason 2020 (wk 4)	66
	9.5	Shooting Workout Postseason 2020 (wk 5)	68