



Lady Duster Basketball

Perimeter Shooting Workout



1	One-handed form shooting inside five feet from basket. Attempt to "swish" each shot.	10 makes from 3 spots or 5 makes in a row.
2	Facing the basket, flip/catch to the basket and shoot bank or swish shots. Work inside fifteen feet.	20 makes.
3	Starting at the block, flip/catch to the elbow and pivot on inside foot to square and shoot.	10 makes each elbow.
4	Starting under the hoop, flip/catch to the elbow, pivot (front of reverse), shot fake or rip the ball and take one dribble and shot. Change directions and no fading.	7 makes each elbow.
5	10 Free Throws or 7 makes in a row	
6	Flip/Catch and square up from our six perimeter 3 point positions (baseline corners, wings, and slots)	3 makes each from all six spots.
7	Speed dribble from 1/2 court and pull up in your range. Attack various spots on the floor.	6 makes.
8	10 Free Throws or 7 makes in a row	
9	The following skill shots using a catch/flip, low rip or shot fake, and squaring up:	
	a. Blow-By w/ one dribble	2 makes each wing and slot.
	b. Crossover w/ one dribble	2 makes each wing and slot.
	c. Attack and Step-Back	2 makes each wing and slot.
	d. Reverse Lay-Ups	2 makes each wing and slot.
10	Flip/Catch and square up from our six perimeter 3 point positions (baseline corners, wings, and slots)	2 makes each from all six spots.
11	10 Free Throws or 7 makes in a row	
<b>You will take a minimum of 157 shots. If you shoot 50% you will shoot 314 shots.</b>		
<b>One should be able to complete this workout in less than 40 minutes.</b>		