

# THE PARTNER SHOOTING WORKOUT

## 1. FOOTWORK SHOOTING

**Reps:** 5 sets of 10 shots

**Notes:** Run back and forth between 2 spots focusing on your footwork. Here are the spots: Baseline – Wing, Wing – Top, Elbow – Elbow, Top – Wing, Wing – Baseline

## 2. SHOOT AND FOLLOWS

**Reps:** Make 20 as a team

**Notes:** Shoot the ball, rebound it, and pass it to your partner. He/She then shoots the ball and does the same.

## 3. POP OUTS

**Reps:** 3 sets of 15 reps

**Notes:** Start under the basket and pop out, catch, and shoot. There are 3 variations to this drill and here they are:

1.Pop out to the wing 2.Fade to the corner 3.Jab and shoot

# THE PARTNER SHOOTING WORKOUT

## 4. TRAIL THREES

**Reps:** 3 Sets of 15 from each spot

**Notes:** 3 spots – both wings and top. Run touch half court and then sprint to the 3pt line, catch, and shoot.

## 5. AROUND THE WORLDS

**Reps:** 1 set of 20 shots

**Notes:** For this drill you have 5 spots. Both baselines, both wings, and the top. Take a shot from the corner, then run to the next spot and shoot going around the arc. Go around 2 times equalling 20 shots.

GO TO BALLER NATION