

# KANG SKILLS & SHOOTING



Name \_\_\_\_\_

Month August

Free Throw Target: 10 in a row

## WEEK #1

| Day #1                              |            |  | DATE _____ |
|-------------------------------------|------------|--|------------|
| Drill                               | Time/Score | NOTES  |            |
| 10-Spot Shooting (No-Dribble)       | Time       | Make 10 from each spot - Midrange and 3's (200 Makes)                        |            |
| 21 Shooting                         | Score      | Sprint from spot to spot - count misses only - that is your score (21 Makes) |            |
| License to Shoot                    | Score      | Count your makes out of 50 (50 total shots)                                  |            |
| Tennis Ball Drills                  |            | Ballhandling - no score  |            |
| Day #2                              |            |  | DATE _____ |
| Drill                               | Time/Score | NOTES  |            |
| "Guard Workout #1"                  |            |  |            |
| Lillard Ball Handling               |            | Ballhandling - no score  |            |
| Rhythm Shooting                     | Time       | Shoot all ranges from corner, then top, then corner. Record Time             |            |
| 100 point shooting                  | Time       | Workout says "50 pt" but change to 100. Record time.                         |            |
| Ball Screen Shooting                | Score      | Record Makes   |            |
| 5 minute shooting                   |            | Shoot and relocate catch and shoot for 5 minutes - no score                  |            |
| Day #3                              |            |  | DATE _____ |
| Drill                               | Time/Score | NOTES  |            |
| Corner Screen Shooting (Both Sides) |            | Think about Shoulder to Shoulder and sprinting off of screen - no score      |            |
| Chris Paul Pull-Up Chair Workout    |            | Stay explosive when you go by the chair                                      |            |
| 5-Spot Shooting "Around the World"  | Time       | Make 2 in a row before you go to next spot - record your best time           |            |

## WEEK #2

| Day #1                              |            |  | DATE _____ |
|-------------------------------------|------------|--|------------|
| Drill                               | Time/Score | NOTES  |            |
| 300 shot workout (first one)        | Score      | Add up total number of makes out of 300                                      |            |
| 21 Shooting                         | Score      | Sprint from spot to spot - count misses only - that is your score (21 Makes) |            |
| License to Shoot                    | Score      | 50 total shots - record how many makes                                       |            |
| Day #2                              |            |  | DATE _____ |
| Drill                               | Time/Score | NOTES  |            |
| "Guard Workout #4"                  |            |  |            |
| Stationary Dribbling                |            |  |            |
| Rhythm Shooting                     | Time       | Shoot all ranges from corner, then top, then corner. Record Time             |            |
| Full Speed Ball Handling            |            |  |            |
| Straight-Line Ball Handling         |            | Pull-up jumper after each rep  |            |
| Stagger Cone Ball-Handling          |            | Pull-up jumper after each rep  |            |
| 5 minute shooting                   |            | Game speed shots for 5 minutes   |            |
| Day #3                              |            |  | DATE _____ |
| Drill                               | Time/Score | NOTES  |            |
| Corner Screen Shooting (Both Sides) |            | Think about Shoulder to Shoulder and sprinting off of screen - no score      |            |
| 5 spot shooting (Around the World)  | time       | Make 2 in a row before you go to next spot - record your best time           |            |
| 100 Makes - 3's                     | score      | Record how many attempts it makes you to get to 100 made 3s                  |            |