



**Workout: Beat the Pro and Strength**

**Equipment: Basketball, hoop and passer if available**

**Difficulty: 1-5**

**Total Time: 30 minutes**

## **I. Warm up**

- A. Ballhandling - 3 minutes
- B. Form Shoot - 3 minutes - Shoot from 5 spots, 5 shots each

## **II. Shooting**

- A. Beat the Pro
  - 1. Adjust as needed for skill level. For example, beginners should shoot from 4-6 feet in catch and shoot, more experienced players should shoot from 10-12 feet.
- B. Shoot 10 Free Throws

## **III. Strength Workout**

Check out Day 1 of a workout from Level 1-5 from Strength Coach Cody Neidenbach.