

DRIVE WAY

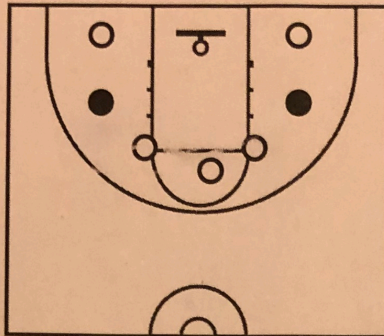
~~Demon~~ 400 Shot Daily Workout

Northwestern State University

1. Form Shooting

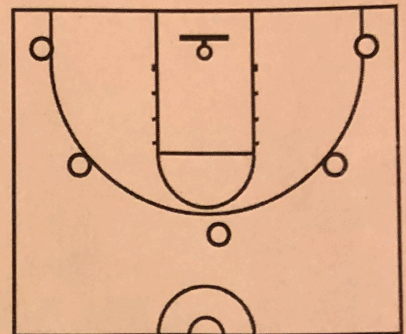
- ◇ One - hand: **15**
- ◇ Two - hand: **15**
- * Make 2 FT

2. Mid - Range



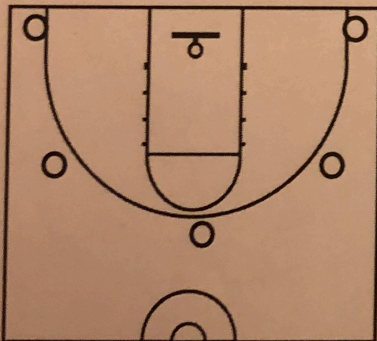
20 Each Spot = **140 Total**
 * Make 2 FT after each spot

3. 3 - Pointers



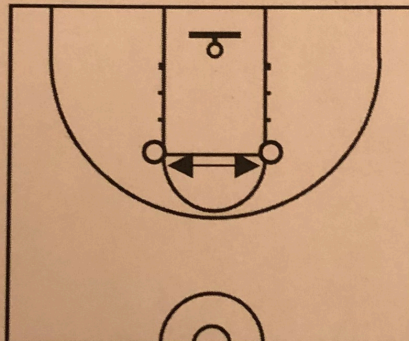
10 Each Spot = **50 Total**
 * Make 2 FT after all 50 shots

4. 3 Shots at Each Spot



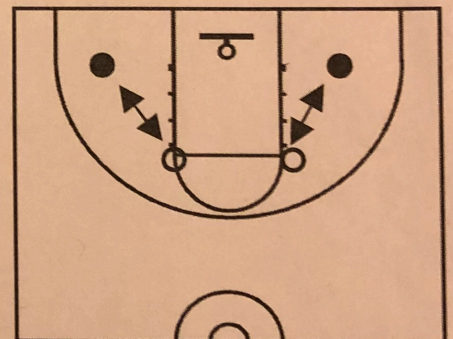
- A. Shot Fake: Drive
- B. Shot Fake: 1 Dribble Jumper
- C. Catch & Shoot: 3-point shot
- 3 Each Spot = **15 Total**
- * Make 2 FT after all 15 shots

5. Larry Bird - FT (stay low, knees bent)



20 Total Shots
 * Make 2 FT after all 20 shots

6. L.B. - Elbow / Baseline (stay low, knees bent)



20 Each Side = **40 Total**
 * Make 2 FT after 20 shots

7. 3 Shots at Each Spot ** Repeat Drill # 4.



| KEY: | |
|------|-----------------|
| ○ | = Shooter |
| ● | = Use Glass |
| ⚡ | = Dribble Drive |
| ↔ | = Back & Forth |