

400+ SHOT WORKOUT

Running
Total

GeniusHOOPS

LOCK
ARC
SWISH

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	DATE:	/ /	/ /	/ /	/ /	/ /	/ /	/ /
25	25 Form Shots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50	25 One Hand Form Shots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	REST DAY	<input type="checkbox"/>
75	50 Soft Jumpers from the 5 Spots	___ out of 25	___ out of 25	___ out of 25	___ out of 25	___ out of 25	REST DAY	___ out of 25
80	10 Freethrows	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
100	20 Jumpshots at 15 Feet (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
105	10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
125	20 Deep Jumpshots at 18 Feet (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
130	10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
140	20 Bank Shots (10 Left, 10 Right) No Dribble (GS)	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	REST DAY	___ out of 10
142	10 Free Throws	___ out of 2	___ out of 2	___ out of 2	___ out of 2	___ out of 2	REST DAY	___ out of 2
152	20 Bank Shots (10 Left, 10 Right) Hard Dribble (GS)	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	REST DAY	___ out of 10
155	10 Free Throws	___ out of 3	___ out of 3	___ out of 3	___ out of 3	___ out of 3	REST DAY	___ out of 3
175	20 Floaters (10 Left, 10 Right) Dribble (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
180	10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
200	20 Lay-ups from Every Angle, Two Dribbles (GS)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	REST DAY	<input type="checkbox"/>
210	10 Free Throws	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	REST DAY	___ out of 10
230	20 Creative Time - Do any shot you want (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
240	10 Free Throws	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	REST DAY	___ out of 10
260	20 Fadeaways (10 Left, 10 Right) (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
265	10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
305	50 3 Pointers from the 5 Spots Catch and Shoot	___ out of 40	___ out of 40	___ out of 40	___ out of 40	___ out of 40	REST DAY	___ out of 40
310	10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
350	50 3 Pointers from the 5 Spots Off Dribble (GS)	___ out of 40	___ out of 40	___ out of 40	___ out of 40	___ out of 40	REST DAY	___ out of 40
355	10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
375	30 NBA 3 Pointers (6 each from 5 spots)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
380	10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
405	25 Soft Jumpers (Cool down)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	REST DAY	<input type="checkbox"/>
	Number of jumpshots you made out the 145	___ %	___ %	___ %	___ %	___ %	n/a	___ %
	Number of threes you made out of 100	___ %	___ %	___ %	___ %	___ %	n/a	___ %
	Number of freethrows you made out of 65	___ %	___ %	___ %	___ %	___ %	n/a	___ %
	Number of threes + jumpshots out of 245	___ %	___ %	___ %	___ %	___ %	n/a	___ %