

Cary-Grove Girls Basketball

Footwork / Handwork must be used as a warm-up; all done at game speed

Both workouts must be done at game speed, too; add fakes where appropriate

“The Frenetic 400”

Guard Shooting Workout

(20 shots each = 400 shots)

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| 1. Lay-ups from Middle, Wings, Elbows | 11. Baseline Threes |
| 2. Power lay-ups from Middle, Wings, Elbows | 12. Wing Threes |
| 3. Reverse Lay-ups (from baseline, both hands) | 13. Top of Key Threes |
| 4. Step and a Half Lay-ups from Three Point Line | 14. Baseline Jumpers off a Move |
| 5. 5-foot Shots (one arm to two) | 15. Wing Jumpers off a Move |
| 6. Halfway Shots (one arm to two) | 16. Elbow Jumpers off a Move |
| 7. Free Throws (one arm to two) | 17. Baseline Threes off a Move |
| 8. Baseline Jumpers | 18. Wing Threes off a Move |
| 9. Wing Jumpers | 19. Top of Key threes off a Move |
| 10. Elbow Jumpers | 20. Gap Splits |

“The Frenetic 400”

Post Shooting Workout

(20 shots each = 400 shots)

(The glass is your friend)

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| 1. Mikan Drill | 11. In and Outs (left block) |
| 2. Drop Steps (right block) | 12. Up and Unders (right block) |
| 3. Drop Steps (left block) | 13. Up and Unders (left block) |
| 4. Baby Hooks/Jump Hooks (right block) | 14. 5-foot Shots (1 arm to 2) |
| 5. Baby Hooks/Jump Hooks (left block) | 15. Halfway Shots (1 arm to 2) |
| 6. Turn Around Jumpers (right block) | 16. Elbow Jumpers |
| 7. Turn Around Jumpers (left block) | 17. Elbow Drives |
| 8. Reverse Lay-ups (right block) | 18. Baseline Jumpers |
| 9. Reverse Lay-ups (left block) | 19. Wing Jumpers |
| 10. In and Outs (right block) | 20. Free Throws (1 arm to 2) |