LeBron James Shooting Workout

Commitment is a big part of what I am and what I believe. How committed are you to winning? How committed are you to being a good friend? To being trustworthy? To being successful? How committed are you to being a good father, a good teammate, a good role model? There's that moment every morning when you look in the mirror: Are you committed, or are you not? - LeBron James

Drill	Must Make	Date:						
Right Corner: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Right Wing: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Top of Key: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Left Wing: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Left Corner: Midrange	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Right Wing: 1-Dribble Pull-Up 4 Each Direction	8	8 /	8 /	8 /	8 /	8 /	8 /	8 /
Top of Key: 2-Dribble Pull-Up 4 Each Direction	8	8 /	8 /	8 /	8 /	8 /	8 /	8 /
Left Wing: 2-Dribble Pull-Up 4 Each Direction	8	8 /	8 /	8 /	8 /	8 /	8 /	8 /
Free Throws	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Left Block: Right Hand Hook Shot	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Left Block: Fadeaway 5 Each Side	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Right Block: Fadeaway 5 Each Side	10	10 /	10 /	10 /	10 /	10 /	10 /	10 /
Right Block: Up-and-Under	5	5 /	5 /	5 /	5 /	5 /	5 /	5 /
Free Throws	5	5 /	5 /	5 /	5/	5 /	5 /	5 /
Left Corner: 3-Point Shot	6	6 /	6 /	6 /	6 /	6 /	6 /	6 /

Left Wing: 3-Point Shot	6	6 /	6 /	6 /	6 /	6 /	6 /	6 /
Top of Key: 3-Point Shot	6	6 /	6 /	6 /	6 /	6 /	6 /	6 /
Right Wing: 3-Point Shot	6	6 /	6 /	6 /	6 /	6 /	6 /	6 /
Right Corner: 3-Point Shot	6	6 /	6 /	6 /	6 /	6 /	6 /	6 /
Free Throws	15	15 /	15 /	15 /	15 /	15 /	15 /	15 /
TOTAL	164	164 /	164 /	164 /	164 /	164 /	164 /	164 /

Shooting Workout by Coach Mac Find more great workouts at www.basketballforcoaches.com