

BEST Shot Development Workout

Form Workout A 100 Reps

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| 1. Full Form Shooting | 10 reps |
| 2. Kobe Magic Bird Finish drill (10 reps each) | 30 total reps |
| 3. Dip Drill | 10 reps |
| 4. Pop Pass Shooting | 10 reps |
| 5. Load the wrist drill | 10 reps |
| 6. Stretch the shooting stroke | 10 reps |
| 7. Form Free Throws | 10 reps |
| 8. Spin Pass Catch and shoot | 10 reps |

Form Workout B 100 reps

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| 1. Full Form Shooting | 10 reps |
| 2. Mid-Stroke Build up (10 reps each) | 30 total reps |
| 3. Ball From the Floor | 10 reps |
| 4. Pop Pass Shooting | 10 reps |
| 5. Active Shooter Drill | |
| Double Drop Replace | 10 reps |
| Left Foot and Right Foot Lead | 10 reps |
| Alford Footwork | 10 reps |
| 6. Form Free Throws | 10 reps |