

**COACH MASON WATERS**

# **FULL SPECTRUM 370 SHOT WORKOUT**

**A COMPLETE 370 SHOT WORKOUT PLAYERS  
WILL LOVE. THIS WORKOUT WORKS ON:**

- AMBIDEXTERITY**
- FINISHING**
- FOOTWORK**
- BALANCE**
- MOVING WITHOUT THE BALL**
- CUTTING**
- ... AND MORE**

**FOR MORE FREE BASKETBALL  
RESOURCES LIKE SHOOTING  
WORKOUTS OR TEAM  
SHOOTING DRILLS, CLICK ON  
THE BUTTON BELOW.**

**TAP OR CLICK HERE**

The Full-Spectrum 370 Shot Workout  
*From Coach Mason Waters*

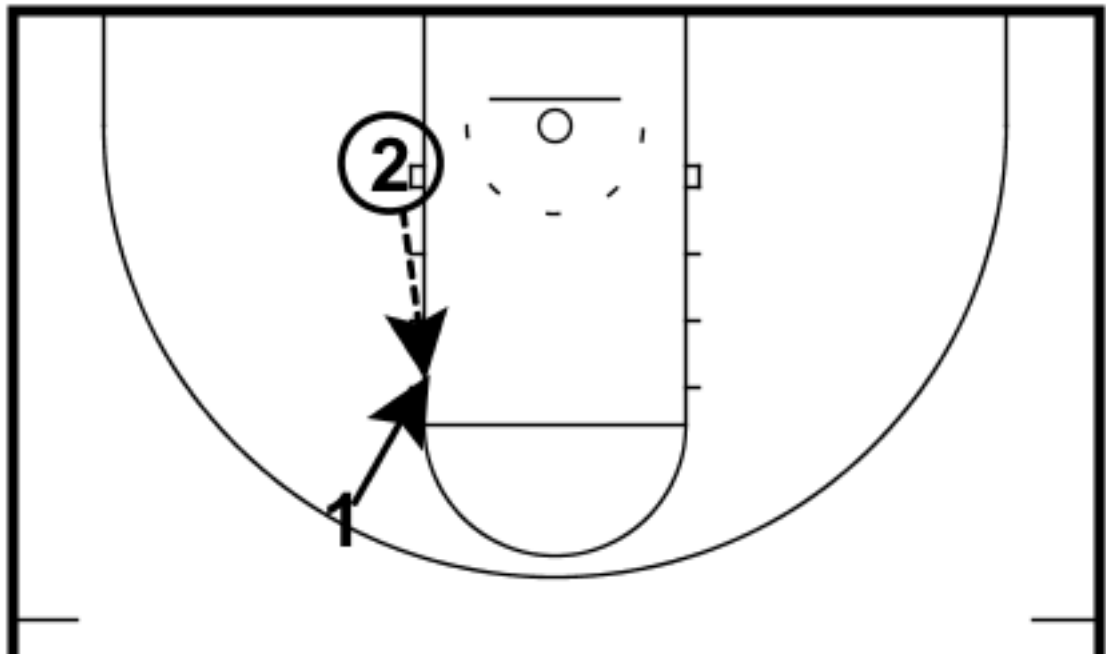
This shooting workout is a great shooting routine for players of any age to practice. Let's go over a few keys:

1. Go Beyond Game Speed
  - a. You're not going to get better if you are lazy and do not train at a fast pace. If you need to slow down to master the footwork or exchange of a certain move that is fine. Go as slow as you need to get the form down. But once you get the form correct, go fast. Let this shooting drill be your conditioning!
2. Pass or flip the ball
  - a. If you have a passer to help you with these shots, use them. But if it is just you, flip the ball out in front of you to simulate a pass.
3. Add defense
  - a. If you have a teammate, a workout partner, or a family member, use them to play defense on you. They are not trying to stop you in this workout. Instead, they are just adding contact and contesting your shots.
4. Breaks
  - a. You should be breathing heavy during this workout. This means you will need water or free throw breaks. Whenever you need to take a short break, take free throws.
5. Record on Video
  - a. Use your cell phone or video camera to record your jumpshot if you have one. This way you can watch your form and change what's needed.
6. Change spots on the floor
  - a. The diagrams will show you shot types from different spots on the floor. But be sure to change spots on the floor! Practice corner shots, short corner shots, wing shots, top of key, etc. Practice shots from different ranges and from different spots on the floor.
7. If you're a coach...
  - a. Adjust these drills and routine as much as you'd like. If you have any questions or suggestions, my email is [coachmasonwaters@gmail.com](mailto:coachmasonwaters@gmail.com).

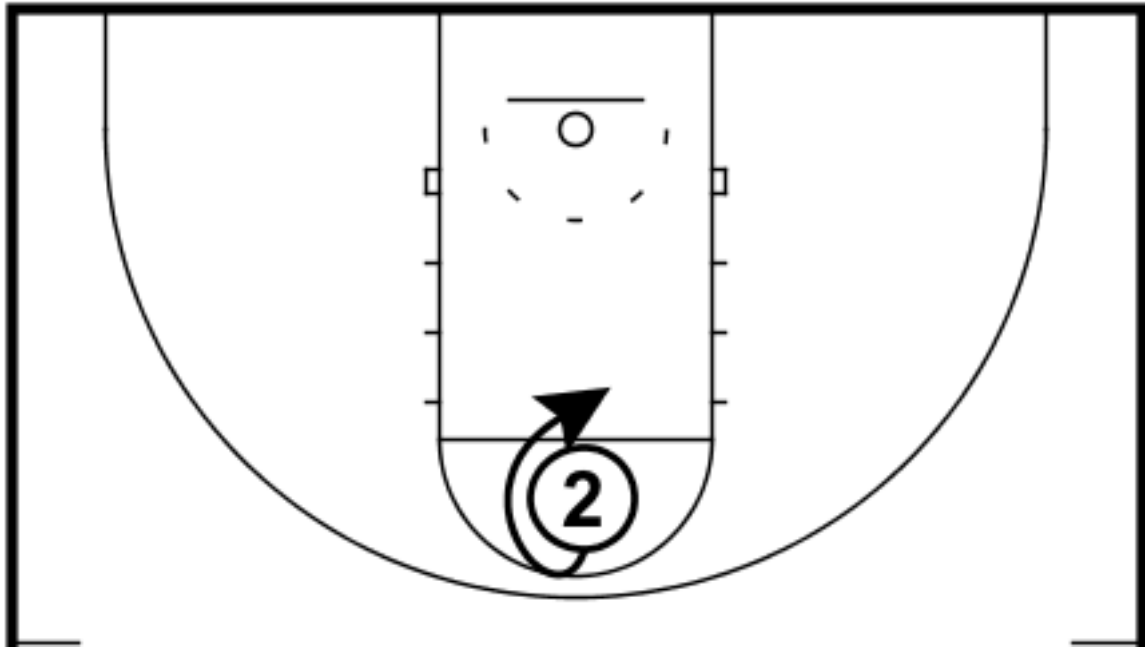
## About The Workout

This workout works on finishing, footwork, balance, shooting off the dribble, moving without the ball, and more. These are key skills for great scorers. We will now describe each type of shot that might need clarification.

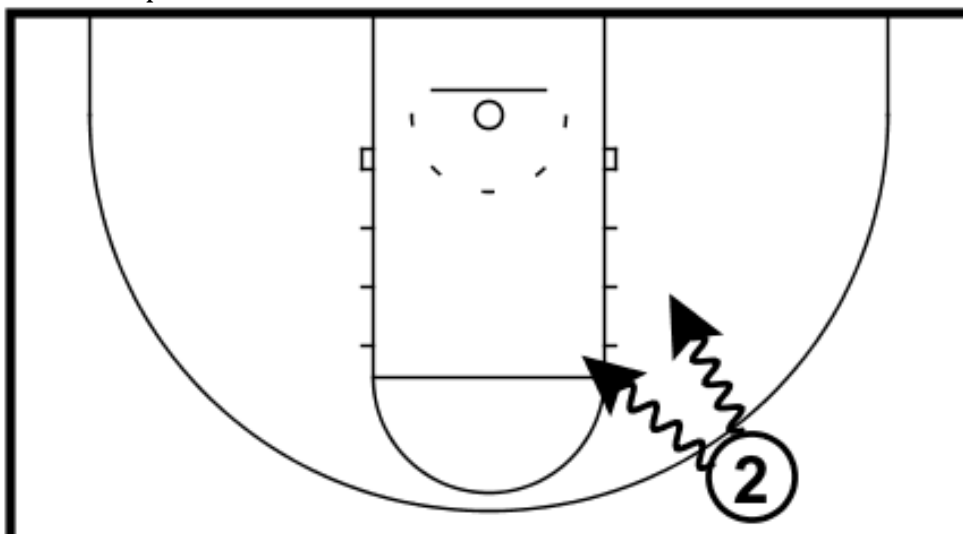
- **Regular layup:** A regular layup is the most basic layup. If you shoot the ball with your right hand, this means you jump off your left foot. If you shoot the ball with your left hand, this means you jump off your right foot. You can take a regular layup on either side of the rim.
- **Reverse layup:** A reverse layup occurs when you attack the rim and attempt your shot on the other side of the rim.
- **Front of rim layup:** A front of rim layup just means that you are making your layup at the front of the rim. This could be a finger roll, or a bank shot. The ball must go over the front of the rim on the shot.
- **Step-in shots (Pictured Below):** A step-in shot is when the player meets the pass for a jumpshot. Left/Right means that the shooter lands their left foot first. Right/left means the shooter lands their right foot first.
- **Hop Catch (Also Pictured Below):** Instead of having a pivot foot, the shooter will hop into the catch and land on both feet at the same time, and then shoot.



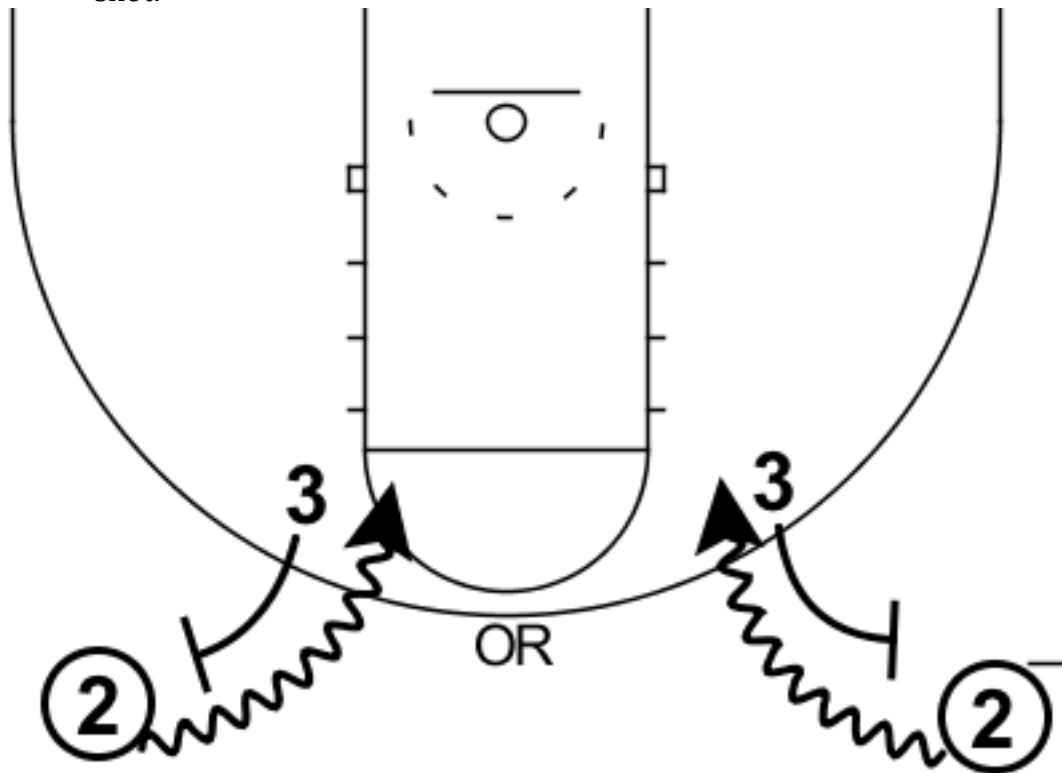
- **Reverse Pivot Jumpshot (Pictured Below):** The player will begin with the basketball and their back will be facing the rim. The player will then take a reverse pivot to now face the rim. They will then attempt the shot.



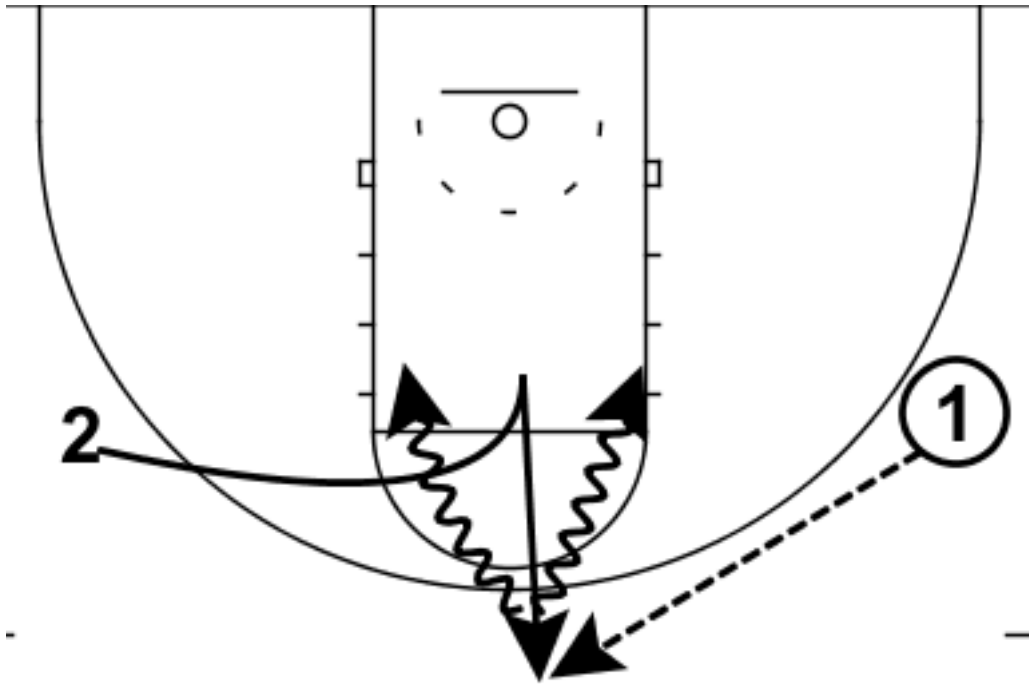
- **Right/Left Pullups (Pictured Below):** A right/left pullup refers to the footwork of the shot. The player will begin with the ball and dribble towards the basket. On a right/left pullup, they will establish their right foot as their pivot foot. Then they will bring their left foot forward while gathering the ball. Then they will shoot.
- **Left/Right Pullups (Pictured Below):** Like above, but the left foot is now the pivot foot.



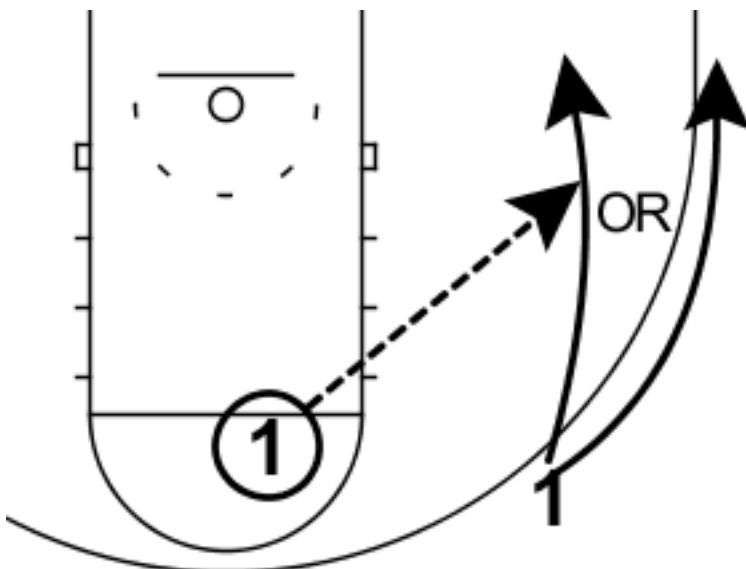
- **Right hand pullups:** Right hand pullups are a pullup jumpshot where the player uses a right hand dribble before going into their shot.
- **Left hand pullups:** Like above, left hand pullups are a pullup jumpshot where the player uses a left hand dribble before going into their shot.
- **Ball screen pullups (Pictured below):** Right hand pullups are a pullup jumpshot where the player uses a right hand dribble before going into their shot.



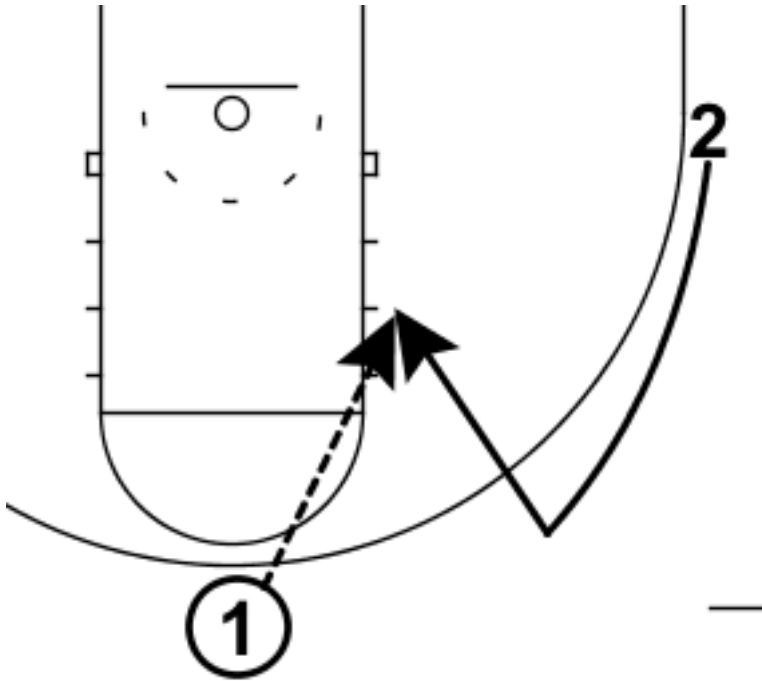
- **Up Cuts (Pictured Below):** An up cut is when a player without the ball cuts towards the middle of the foul line and then pops out to the top of the key. For this workout, players can either attempt a catch and shoot jumpshot with no dribble or they can take a shot off the dribble.



- **Drifts (Pictured below):** A drift is a term for relocating. The player will go from the wing to the corner. They can attempt a 3-point shot or a mid-range shot.



- **Backdoor Pullup:** The shooter will make a backdoor cut. They will catch the ball in the mid range area. As soon as they catch the ball, they will perform a jumpshot.



That should be enough information to describe each type of shot. On the next page is a diagram for players to use to track their time for each section of shots. It also is a diagram to record makes and misses for each shot.

You are welcome to either perform this workout to 370 attempts, or you can perform this workout to 370 makes.

# THE FULL-SPECTRUM 370 SHOT WORKOUT

## MAKES/MISSES/TIME

**THIS GUIDE WALKS YOU THROUGH EACH SECTION OF THIS SHOOTING WORKOUT. EACH TIME YOU PERFORM THIS WORKOUT, YOUR GOAL SHOULD BE TO FINISH EACH SECTION FASTER WHILE ALSO MAKING MORE SHOTS. YOU ARE RECORDING MAKES AND MISSES AND TIME.**

### FINISHES

- 10 regular layups right hand \_/\_
- 10 regular layups left hand \_/\_
- 10 reverse layups right hand \_/\_
- 10 reverse layups left hand \_/\_
- 10 layups front of rim right hand \_/\_
- 10 layups front of rim left hand \_/\_
- 10 left hand floaters \_/\_
- 10 right hand floaters \_/\_
- TOTALS: \_\_\_/\_\_\_
- Time:

### FOOT-WORK & BALANCE

- 15 Left/Right step-in shots \_/\_
- 15 Right/Left step-in shots \_/\_
- 15 hop catch shots \_/\_
- 15 reverse pivot R foot jumpers \_/\_
- 15 reverse pivot L foot jumpers \_/\_
- 15 Left/Right pullups \_/\_
- 15 Right/Left pullups \_/\_
- TOTALS: \_\_\_/\_\_\_
- Time:

### OFF DRIBBLE

- 20 pullups from right hand dribble \_/\_
- 20 pullups from left hand dribble \_/\_
- 20 ball screen pullups going left
- 20 ball screen pullups going right
- TOTALS: \_\_\_/\_\_\_
- Time:

### MOVING WITHOUT THE BALL

- 15 up cuts from left side of floor \_/\_
- 15 up cuts from right side of floor \_/\_
- 15 drifts left side \_/\_
- 15 drifts right side \_/\_
- 30 second plank
- 10 standing calf raises
- 5 kneeling pushups
- 30 seconds Superman
- 15 backdoor pullups left side \_/\_
- 15 backdoor pullups right side \_/\_
- TOTALS: \_\_\_/\_\_\_
- Time:

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# THE FULL-SPECTRUM 370 SHOT WORKOUT

*MAKES/MISSES/TIME*

## WORKOUT TOTALS

Workout #	Makes/Misses	Time
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
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20		

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