

# **OFF-BALL MOVEMENT**

## **300 SHOT WORKOUT**

*15 TYPES OF SHOTS*

**A COMPLETE 300 SHOT WORKOUT THAT WORKS ON 15 DIFFERENT GAME SCENARIOS. THIS WORKOUT COVERS A VARIETY OF:**

- DHO CUTS/READS**
- "FLOPPY" CUTS/READS**
- CUTS**
- SCREENS**
- MOVEMENTS**
- READS**
- ACTIONS**

*FROM COACH MASON WATERS*  
*YOUTUBE.COM/MASONWATERS*  
*COACHMASONWATERS.COM*  
*COACHMASONWATERS@GMAIL.COM*

## *Off-Ball Movement 300 Shot Workout*

*From Coach Mason Waters*

This shooting workout is designed in this format so that only two players are needed to perform the workout but it can easily be changed to a full team workout and coaches are welcome to alter this however they'd like.

This shooting workout is a great shooting routine for players of any age to practice. When you see "DHO" that is simply the acronym for a dribble handoff. I suggest players perform each move 20 times. With 15 moves, that equals 300 total shots. Let's go over a few keys that I include in each workout.

### 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 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 the 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 don't represent the only spots on the floor that you can perform these moves. Be sure to perform every action at different spots on the floor.

## 7. Train to your age

a. Some diagrams will show a move happening on the three-point line. Playing along the three point line is a suggestion for JV and Varsity teams, and older. But if you are a high school freshman, a middle schooler, or younger, practice these moves closer to the goal. If you're below 14 years of age, I suggest you don't shoot any three-point shots and don't attempt any shots further than 17 or 18 feet.

## 8. Quality of reps > time spent in the gym

a. Some players brag about spending 5 hours in the gym. It's better to spend 45 minutes training really hard than it is to spend 5 hours just shooting around with no purpose or intensity.

## 9. Know the read/decision of each move

a. The scoring moves within this workout are all great to practice. But to perform them well in games, you must be able to make proper reads. Understand that each move will be based off how the defense is guarding you in a game. The best players will be able to make every read in a game. Add defenders to force shooters to make a read if possible.

*For more from Mason Waters, go to [coachmasonwaters.com](http://coachmasonwaters.com) or [youtube.com/Masonwaters](https://www.youtube.com/Masonwaters).*

## Workout Plan

*You can print this paper off to guide your workout*

### Type of Shot

#### DHOs

- 1) Set up
- 2) Pop back
- 3) Backdoor mid range
- 4) Flare
- 5) Dribble, shot fake, shot

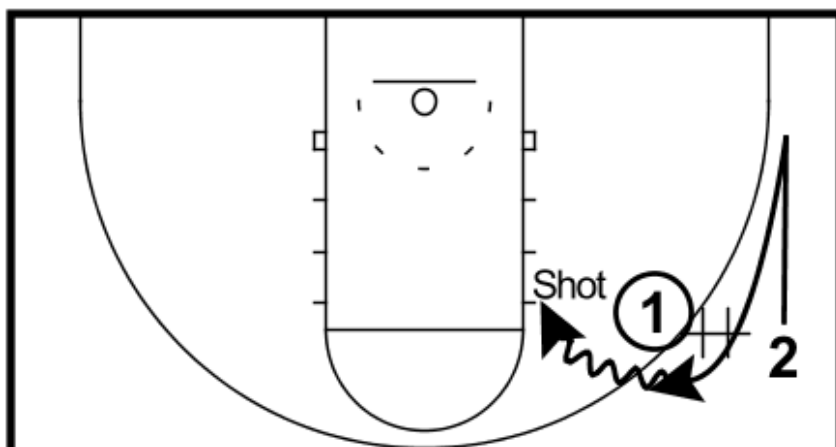
#### Floppy

- 7) Curl
- 8) Curl and dribble to corner
- 9) Fake curl but pop
- 10) Curl then step back
- 11) Double floppy

#### Cuts

- 12) Flash across, shot fake, drive
- 13) Walk-in downs screen
- 14) L-cut
- 15) Corner up and back

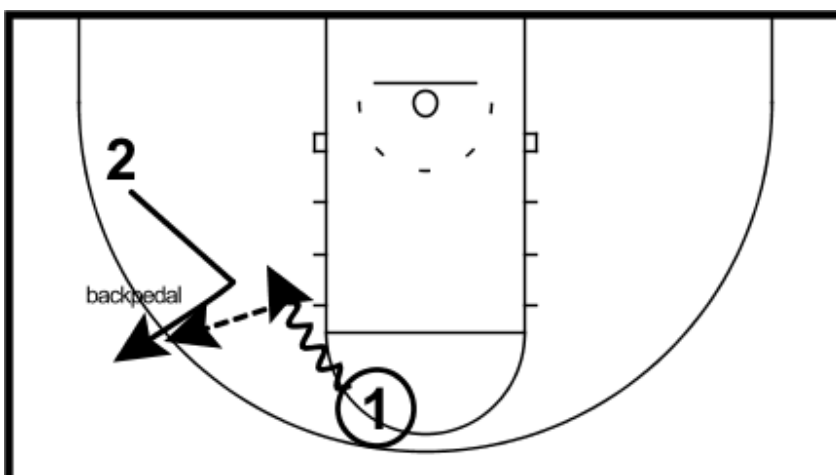
On the next page, I will describe each shot and share certain emphases for each move.



### 1) DHO Set-up:

In this situation, 2 is going to cut away from the player with the ball for 2 or 3 steps. 2 will be do this half-speed. Then, 2 will change directions and *sprint* into a dribble handoff. After receiving the basketball, 2 will take one extra dribble and perform a pullup jumpshot.

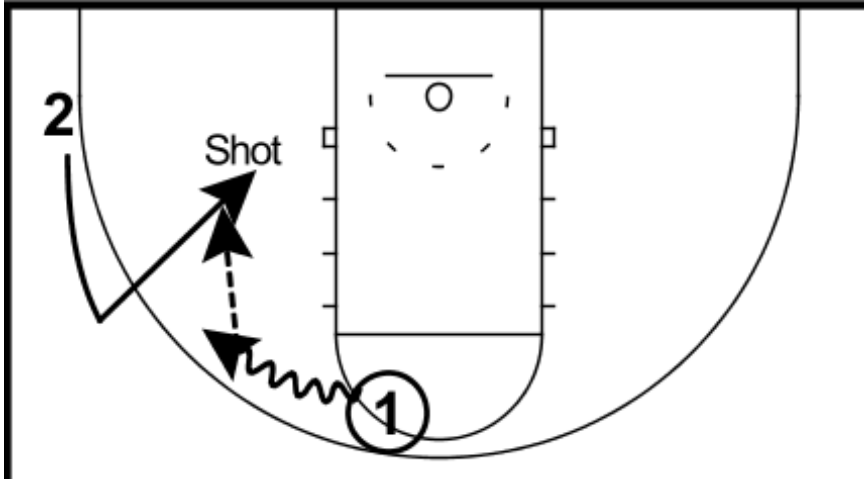
*When to perform: This is a great move for good shooters because their defense will often go OVER the DHO. This leaves a pullup available.*



### 2) DHO Pop-back:

In this situation, 2 is going to run towards 1. 1 will be dribbling towards 2. Instead of taking a hand off, 2 will “pop back”. Pop back means they will backpedal away from the passer. They will then catch and shoot.

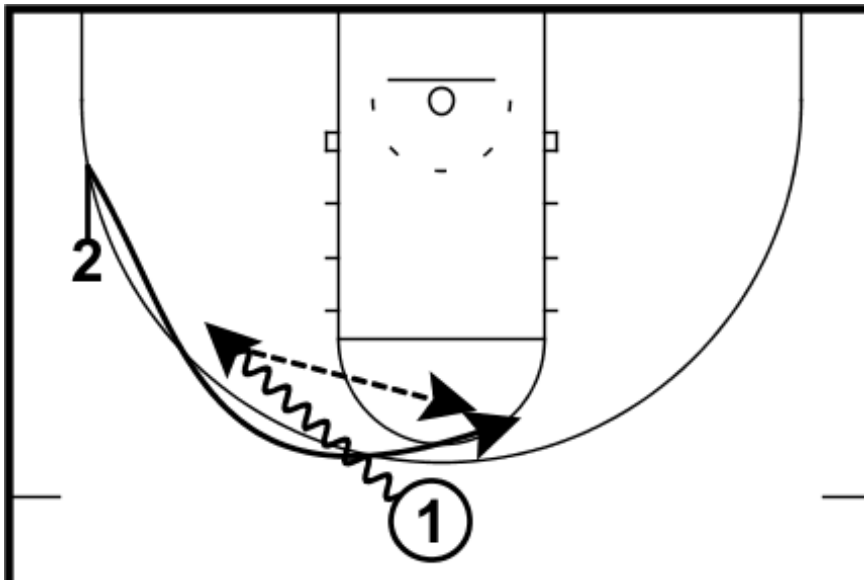
*When to perform: Perform this move if  $X_2$  is going under the screen. Then, 1 can pass to 2 as they pop back AND they can set a screen on  $X_2$ .*



### 3) DHO backdoor mid range jumper:

In this situation, 2 is going to run towards 1 and make it look like a DHO. 2 will then make a backdoor cut before reaching 1. 1 will then make a bounce pass to 2. 2 will not dribble and perform a pullup jumpshot.

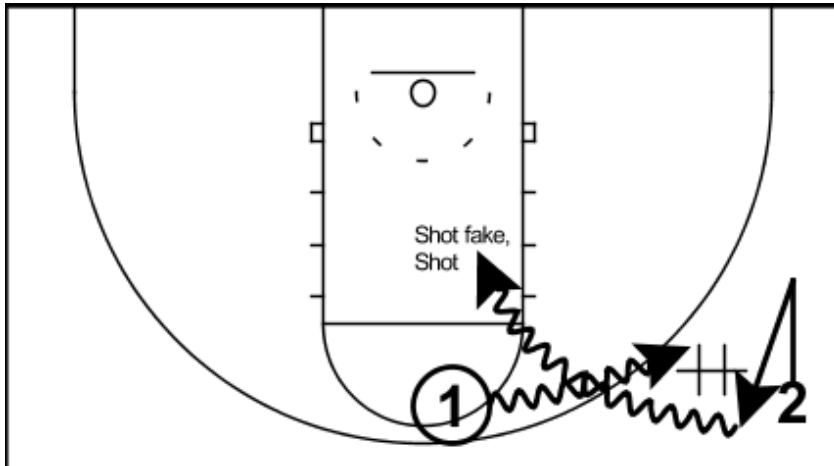
*When to perform: Perform this move when  $X_2$  is trying to steal the DHO or get between 1 and 2. Players can finish at the rim, but the mid range pullup is a great option for shorter guards who have trouble finishing against post players. By shooting a mid range shot, 1 avoids post defenders at the rim.*



### 4) DHO to Flare:

Like before, 2 is going to run towards 1 and make it look like a DHO. But instead of taking the handoff, 2 will go into a flare cut. 1 will pickup their dribble and essentially set a screen. 2 will run 2-3 strides away from 1, catch the ball, and attempt a catch and shoot jumpshot.

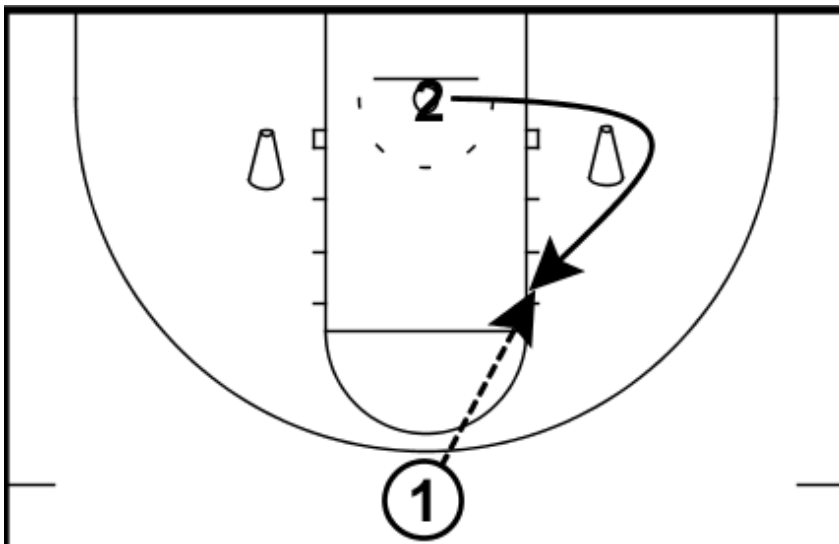
*When to perform: Perform this move when  $X_2$  gets caught up in the DHO. 1 can pivot at the point of the DHO to effectively screen  $X_2$ .*



### **5) DHO, attack, shot fake, shot**

2 will set up the DHO by cutting away from the ball. Then 2 will sprint into the DHO and receive the ball. 2 will attack the paint with 1 or 2 dribbles. 2 will perform a shot fake, and then they will shoot.

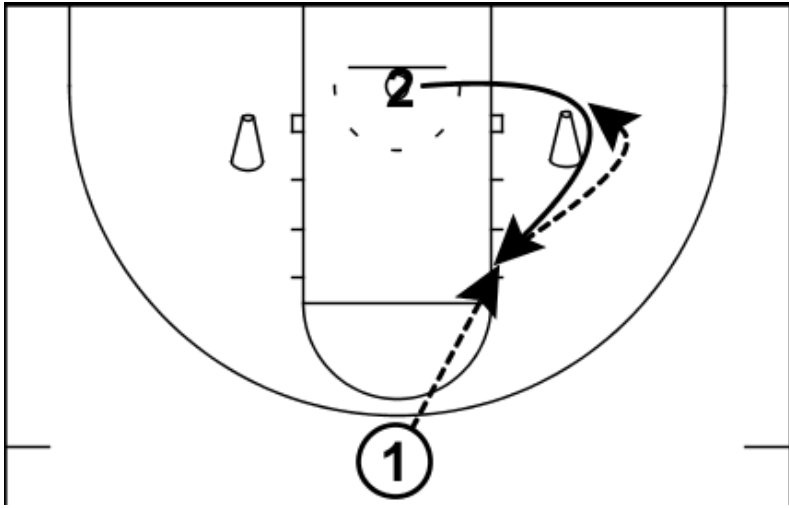
*When to perform: This is a great move against defenders who try to block a lot of shots.*



### **6) Floppy, Curl:**

In the floppy series, set up two cones or chairs outside of the block to simulate screeners. The curl is the most basic move. The player will curl around the cone and shoot on the catch.

*When to perform: If the cutter can simply change directions and speeds well, this action can create good shot opportunities.*



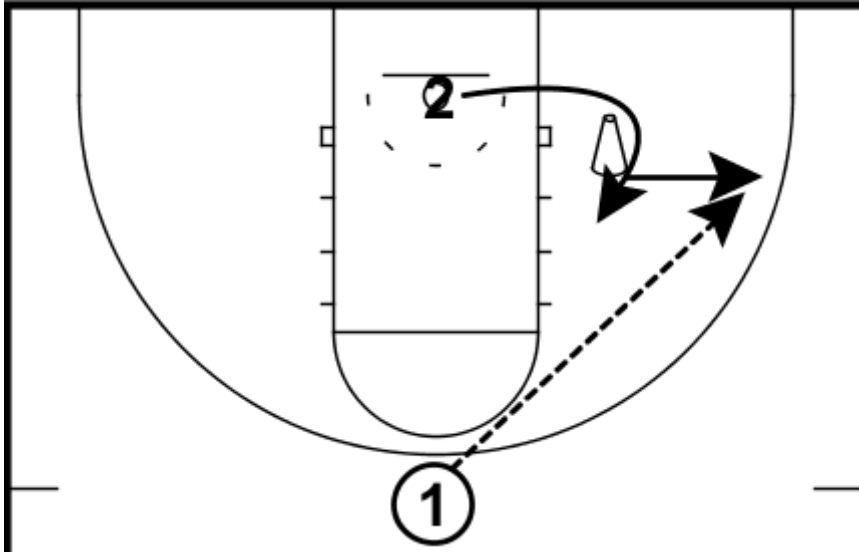
### **7) Floppy, Curl and dribble to corner:**

2 will curl and catch the basketball. They will then dribble back towards the corner and perform a jumpshot.

Keys: The dribble to the corner must be a long dribble. Push the ball out to create a lot of separation. The screener can set a ball screen on this once the cutter catches the ball.

*When to perform: Perform this move when  $X_2$  goes inside or under the screen. The screener can set the down screen to get the cutter the ball in the middle of the floor. Then, the screener can set a ball screen to get the cutter open towards the baseline/corner.*

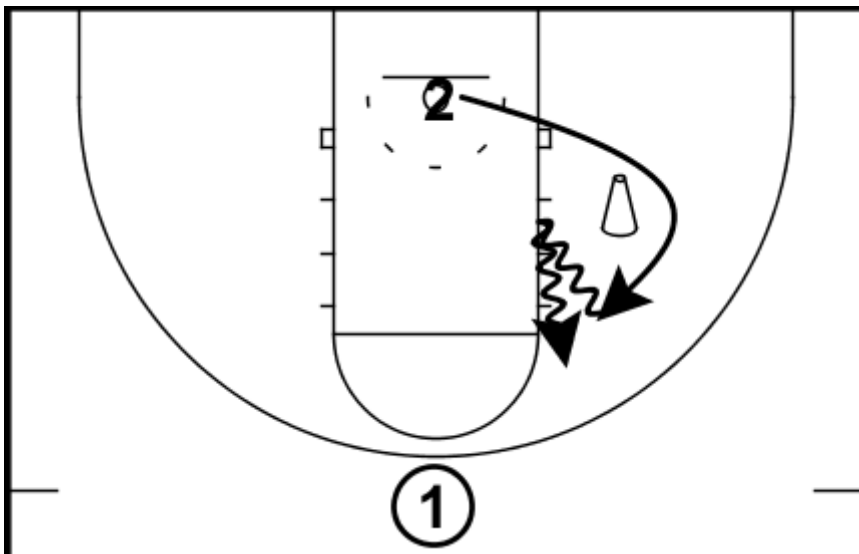




### 8) Floppy, begin curl but pop:

2 will begin to curl but once they get over the screen, 2 will pop back towards the corner. 2 will backpedal a few strides then catch and shoot the ball.

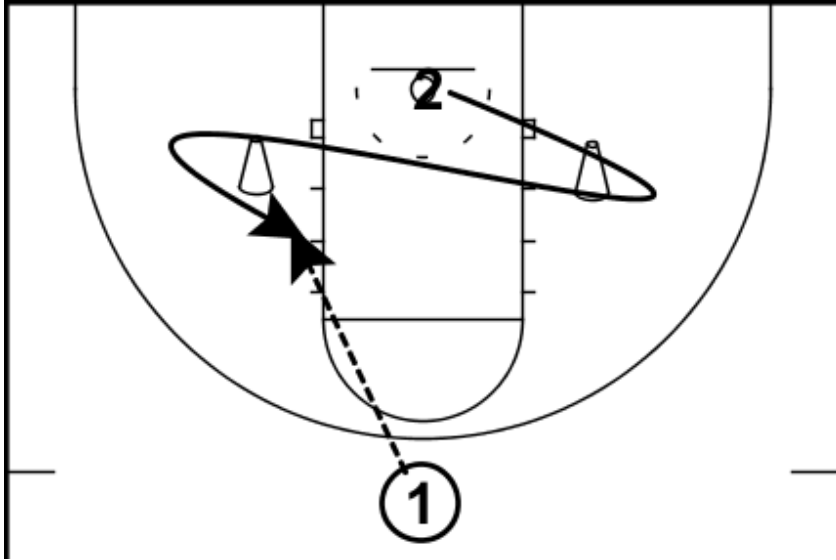
*When to perform: This is a great move when  $X_2$  goes under the screen and 2 is a great catch and shoot player.*



### 9) Floppy, curl then step back jumper:

2 will perform a curl cut and catch the ball. 2 will then take 1 or 2 dribbles towards the rim, and then they will perform a step back jumpshot.

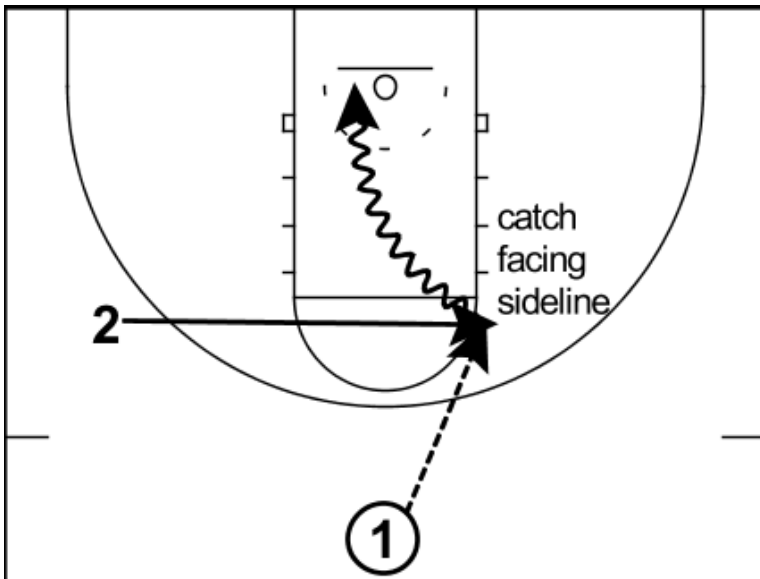
*When to perform: This is an advanced scoring move that is effective for skilled players.*



### 10) Double floppy

2 will perform cuts off both floppy screens and catch and shoot off of the second screener.

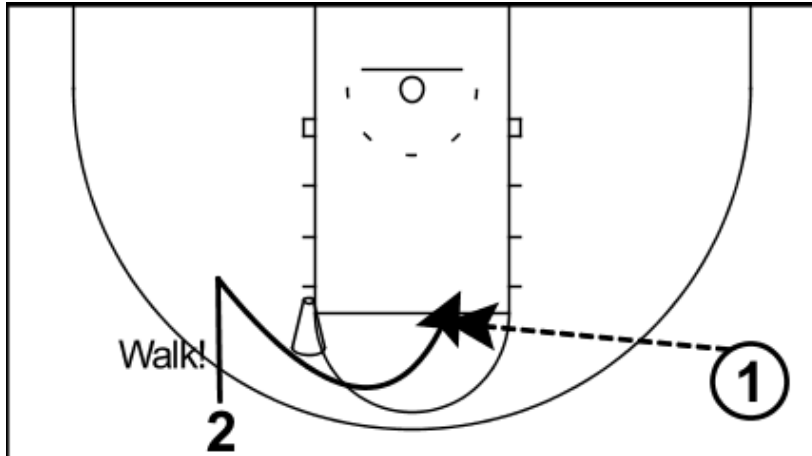
*When to perform: Against the best defenses, it will take multiple cuts and screens to score or get available.*



### 11) Middle cut, shot fake, drive

2 will cut across the middle of the floor and catch the ball around the elbow. 2 will catch the ball while facing the sideline. Next, 2 will square up to the rim and shot fake. Lastly, 2 will drive to the opposite side of the rim and finish.

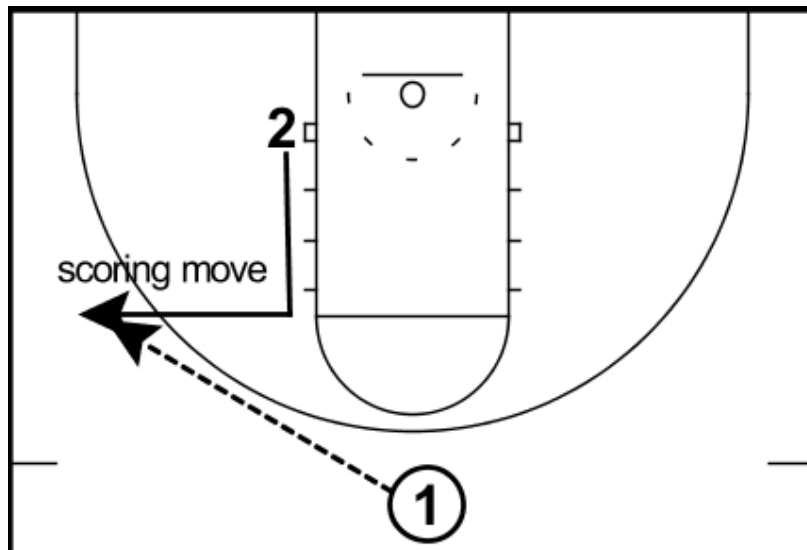
*When to perform: This is effective in both half court and in transition.*



### 12) Walk-to-Sprint down screen

Everytime a player is getting open, they will likely need to change speeds and direction. This move is an exaggeration of changing speeds. 2 will walk, slowly, 4 or 5 steps in towards the goal. Then 2 will sprint and go as fast as they can around the cone (screener) for a catch and shoot.

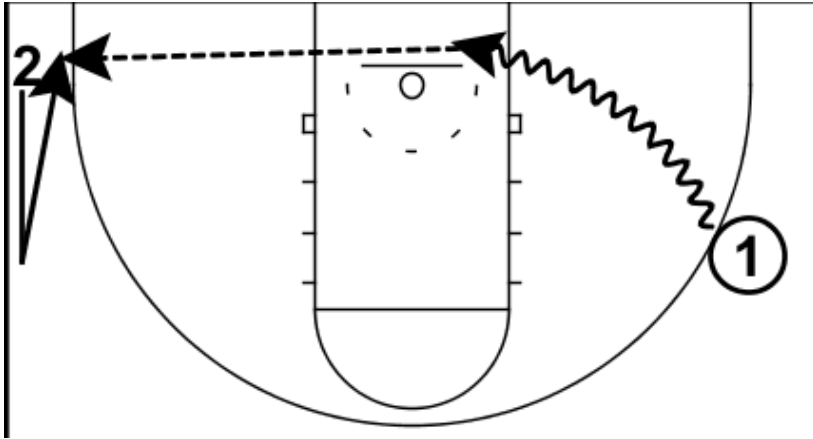
*When to perform: Changing speeds is useful in any scoring situation.*



### 13) L-Cut

2 will begin in the block area and then run straight up the lane line. 2 will then pop out directly towards the wing. When 2 receives the pass they can score however they'd like: catch and shoot, faceup and shoot, drive, pullup, etc.

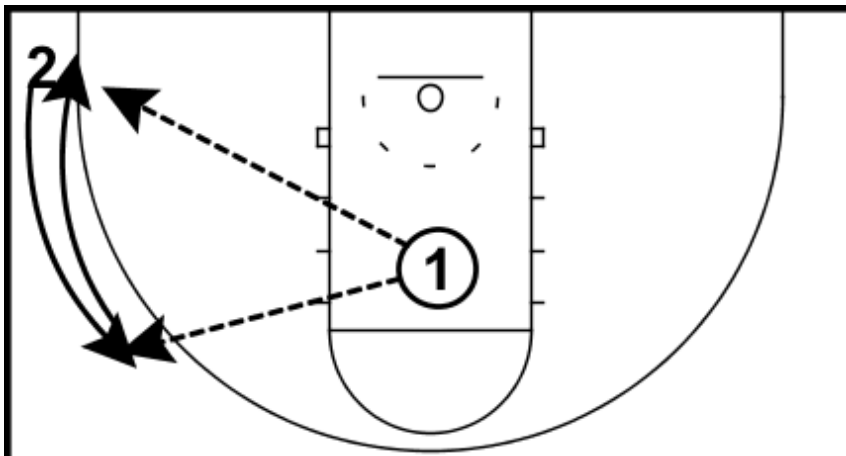
*When to perform: L cuts are great to begin an offense or to get open at any time in a possession.*



#### 14) Corner up-and-back

2 will begin in the corner. When 1 drives, 2 will lift to the wing area, but only go two or three steps. Then, 2 will drift back to the corner for a catch and shoot shot. 1 can drive everytime or they can just stay under the basket and pass.

*When to perform: Very intelligent defenders understand that offensive players relocate on baseline drives but very few defenders can guard a player cutting twice on the perimeter on a single drive.*



#### 15) Sprinting lifts and drifts

To finish the workout, the shooter will perform "lifts and drifts". 2 will sprint from the corner to the wing and perform a catch and shoot shot. After this shot, 2 will sprint to the corner for a catch and shoot shot.

Keys: SPRINT into the shot, don't jog. Wait until the passer gets the ball before the shooter makes their cut.

# OFF-BALL MOVEMENT 300 SHOT WORKOUT

15 TYPES OF SHOTS

## WORKOUT TOTALS

WORKOUT #	MAKES/MISSES	TIME
1		
2		
3		
4		
5		
6		
7		
8		
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11		
12		
13		
14		
15		

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