

# **SHOOTING MACHINE**

## **400 SHOT WORKOUT**

**MULTI-PLAYER WORKOUT: 10 TYPES OF SHOTS**

**THIS SHOOTING WORKOUT IS PERFORMED ON A SHOOTING MACHINE. THIS WORKOUT IS IDEAL FOR 2-4 PLAYERS. IT WORKS ON:**

- GAMELIKE SHOTS**
- SHOTS FROM VARIOUS PASSES**
- SHOOTING OFF THE CATCH**
- SHOOTING OFF THE DRIBBLE**
- ... AND MORE**

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## *Shooting Machine 400 Shot Workout*

*From Coach Mason Waters*

*Thanks for getting a copy of this shooting workout.*

*If you're a coach and are not on my newsletter, come join a large group of coaches by going to <https://bit.ly/2Ljqw7v> for more resources from me.*

*If you're a player, you'll want to head over to YouTube and subscribe to my channel at [youtube.com/Masonwaters](https://youtube.com/Masonwaters). Studying film and learning the game is an important separator for players and my goal is to help players in that way.*

As the pre-season approaches, thousands of players from around the country will be “getting on the gun” (or Dr. Dish). Regardless of which machine is used, the most important aspect of shooting workouts is having a plan and a clear purpose.

To just “get shots up” is to limit your development. As a coach, I’ve seen many players get shots up with low quality form. The result is a player who worked very hard, but didn’t work very smart. For these players, they were tricked to believe that simply getting on the gun will make them great. It’s not enough. To maximize your development, you need hard work and smart work. This drill book offers that.

This shooting workout is ideal for a 2-4 player group. 400 shots will take a while with 4 players, so reduce the volume of shots if necessary.

Before we look at the specifics of the workout, I want to share some common tips. If you’ve seen my shooting workouts before, be sure to read #1!

### 1. Stay in your shot

a. One of the temptations of performing partner shooting while on a shooting machine is not finishing a shot. What does this mean? I’ve seen it countless times. A player performs a jumpshot, and in order to get out of the way of the next player, they don't have a balanced landing and they don't hold their follow through. Instead, they drift to the side immediately after releasing the ball. Don’t do this! Instead, land on two feet. Hold your follow through. Stick your landing for at least a second. Have perfect balance throughout your entire shot.

### 2. 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!

### 3. Add defense

a. These drills are perfect to add contesters. There will be drills where there are two lines of two people. One of the players not passing or shooting can contest 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. Train to your range

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. The diagrams are all at different ranges and appeal to multiple ages of player.

### 7. 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.

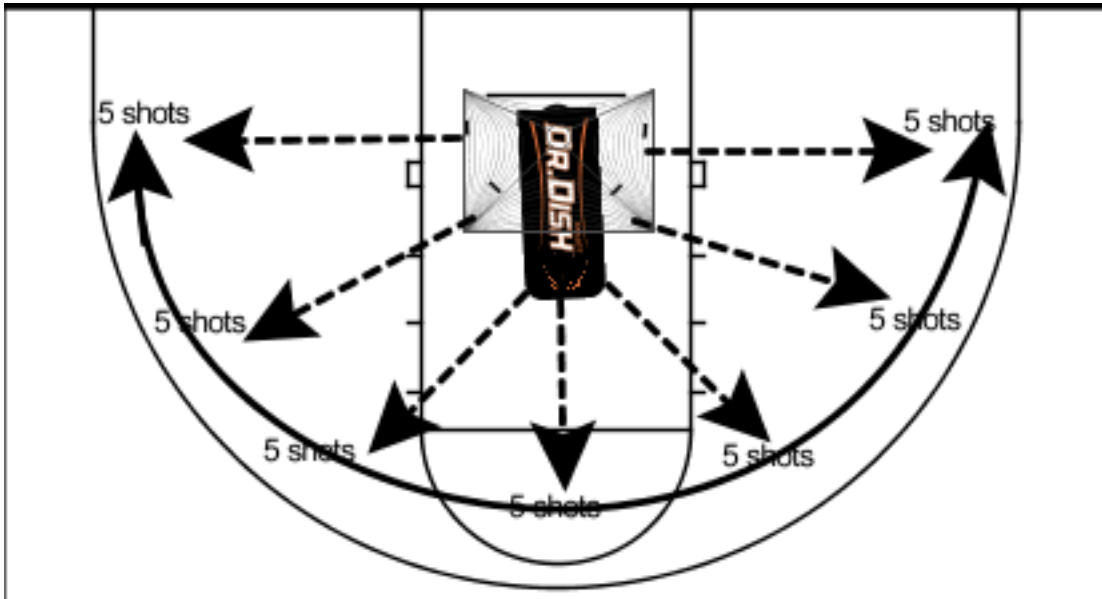
### 8. Know the read/decision of each move

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.

Now to the workout...

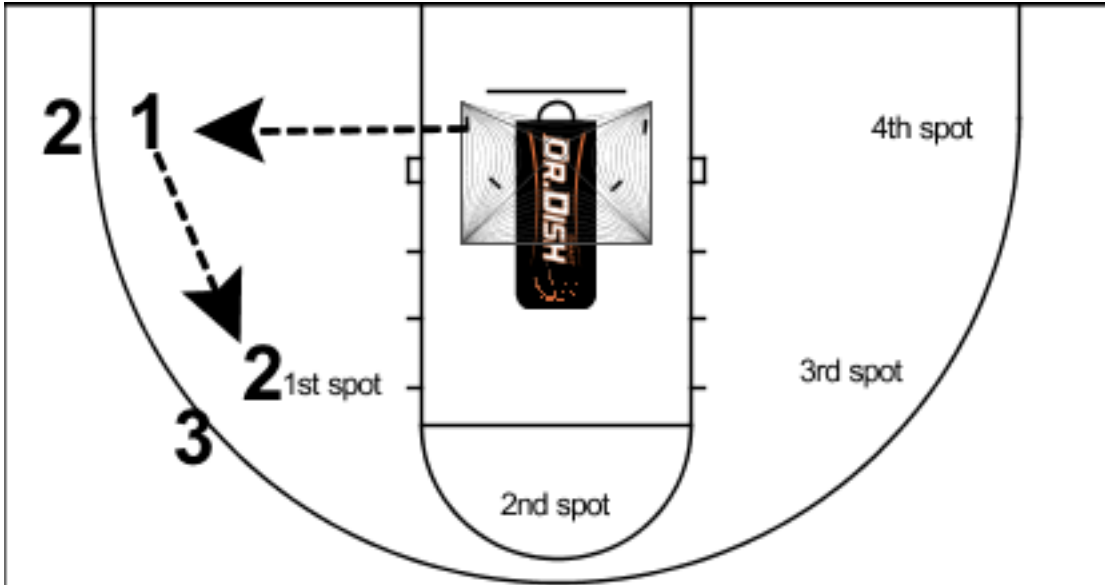
### 1. Spot shots (10 shots at 7 spots)

This is the most basic shot and is for warm up purposes. Start in the mid-range area and receive the pass directly from the shooting machine. Perform a catch and shoot shot. Start in the corner and attempt 5 perfect form shots at the 7 listed spots. The key in this drill is not to go full speed. Every other drill will be full speed. This drill is about shooting perfect form jumpshots. Take 5 shots at each spot and go around the arc. Then perform 5 more shots at each spot making your way back around the arc.



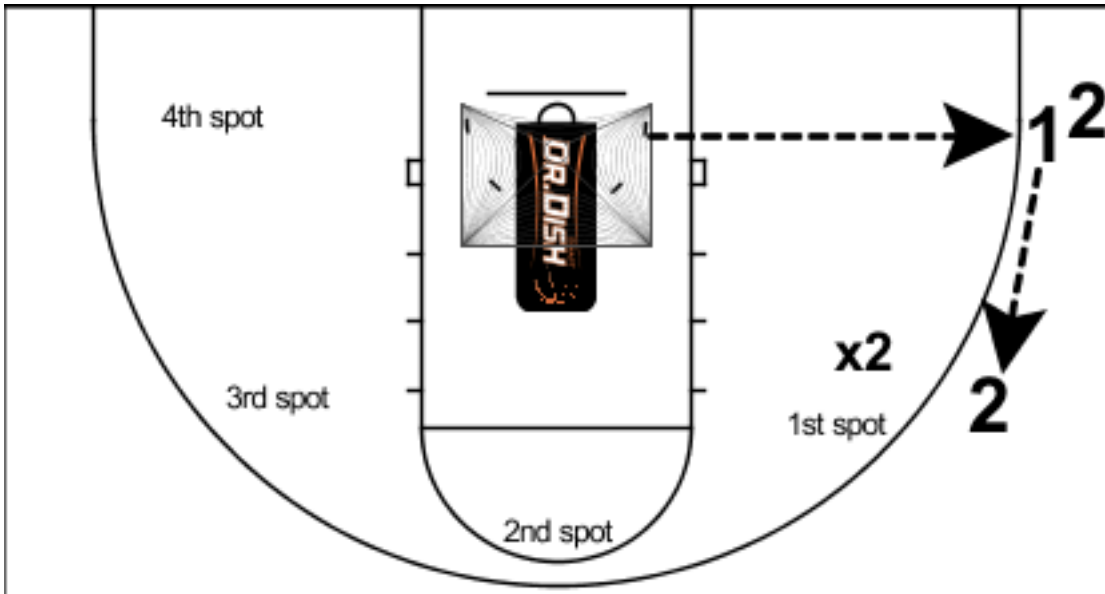
### 2. Catch and shoot: Left side pass (10 shots at 4 spots)

In this shooting exercise, the machine will pass to a passer who will then make a pass to the shooter. The shooter will attempt 10 shots in each of the following areas: wing, top, opposite wing, and corner. Diagrammed on the next page is the first shooting spot. Each line will have two players and they can alternate how you see fit.



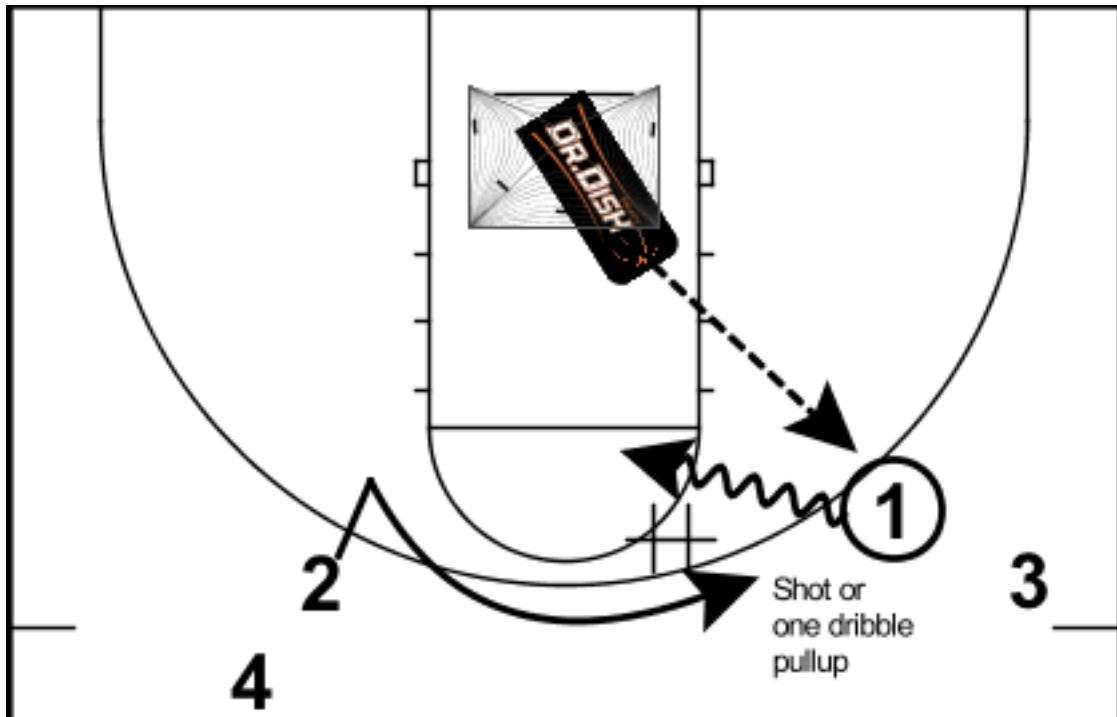
**3. Catch and shoot: Right side pass (10 shots at 4 spots)**

Like the exercise above, but now passes are being received from the right side of the shooter's body. The shooter will attempt 10 shots in each of the following areas: wing, top, opposite wing, and corner. Diagrammed below is the first shooting spot. Each line will have two players and they can alternate how you see fit.



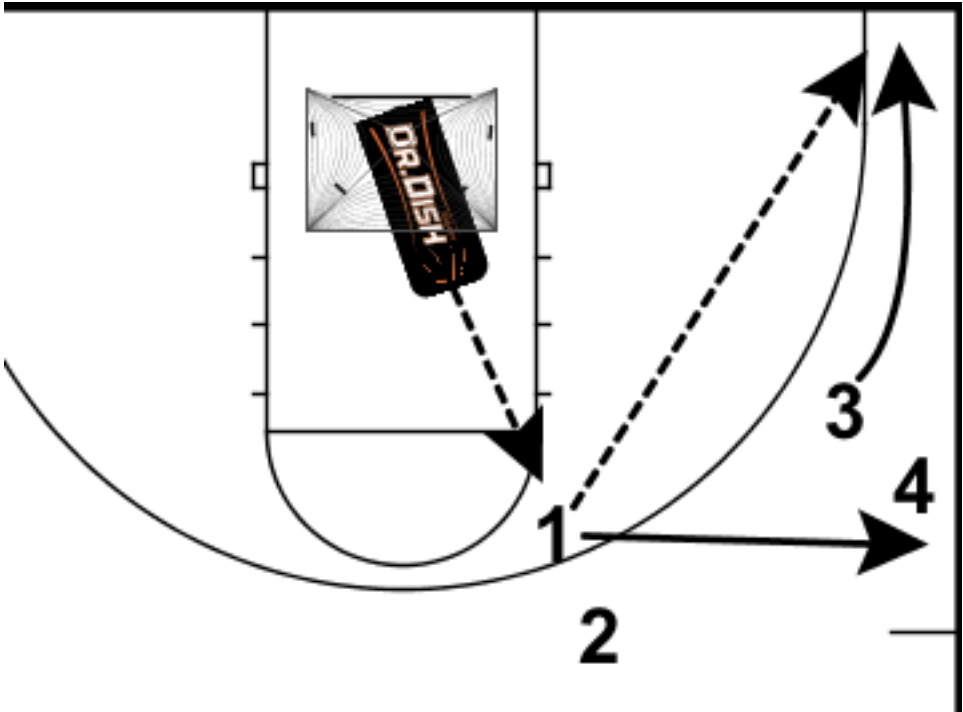
#### 4. DHO Shots (15 shots going left, 15 going right. Off-catch or off dribble)

In this drill, players are working on shooting after receiving a dribble handoff. They can shoot with a dribble or no dribble. If they decide to dribble, they can't take more than 1 dribble because players need to learn to minimize their dribbling. In the diagram below, there are two lines so players will be involved every other rep in a group of 4. The diagram below shows the shooter going right for 15 shots. The next phase would be to have shooters go to their left into a DHO.



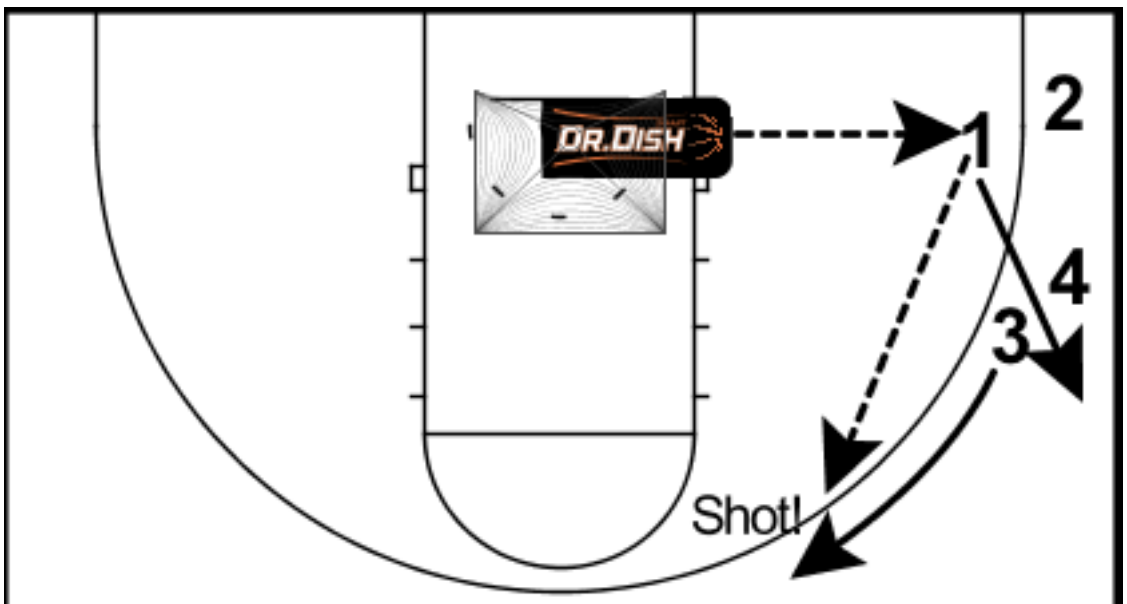
#### 5. Drifts (15 left side, 15 right side)

In this drill, there are two lines. As soon as the passer receives the basketball, the shooter is sprinting as far into the corner as they can, going into a catch and shoot jumpshot. Each player will perform 15 on the right side of the floor, and 15 on the left side of the floor. Pictured next. Players will switch lines.



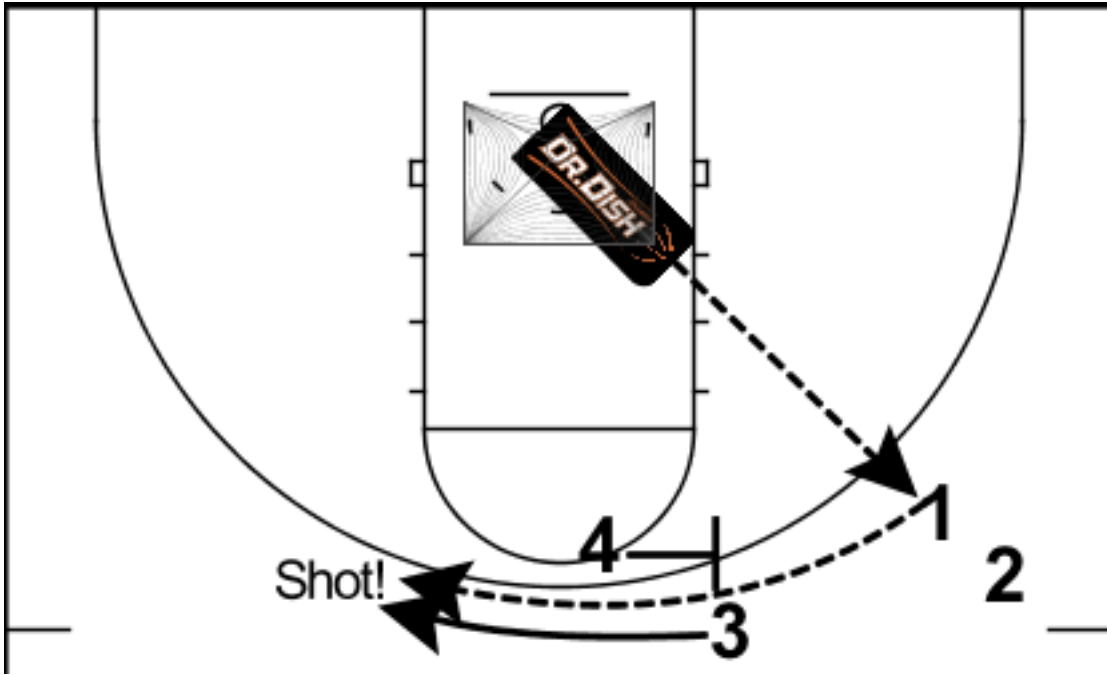
**6. Lifts (15 left side, 15 right side)**

Similar to the drill above, but the angle of the pass and the relocation is different. In this drill, there are two lines. As soon as the passer receives the basketball, the shooter is sprinting up towards the top of the key as fast as they can, going into a catch and shoot jumpshot. Each player will perform 15 on the right side of the floor, and 15 on the left side of the floor. Pictured next. Players will switch lines.



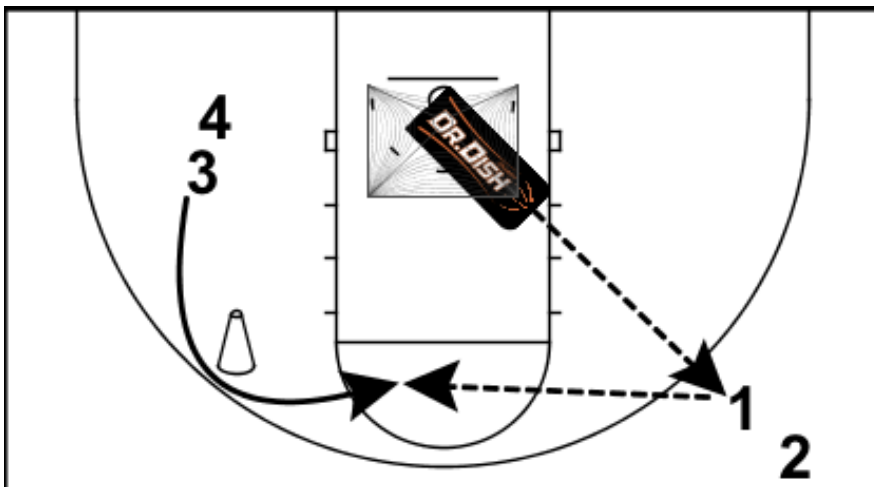
**7. Flares (15 going left, 15 going right)**

As soon as the passer receives the ball from the machine, the shooter is cutting away from the passer for a flare. A third player will serve as a screener then rotate as you see fit. Each player will attempt 15 shots going to their left (pictured below) and then 15 going right.



**8. Curls (20 and 20)**

Each player will attempt 20 curl shots on each side of the floor. There will be a passer line and a shooter line. The second passer can be the defense and contest or put pressure on every shot instead of standing.





**9/10. Left hand pullups AND right hand pullups (30 going left 30 going right)**

These are two types of shots. Right hand dribble pullups and left hand dribble pullups. I suggest putting the shooting machine on the moving setting so that you're getting different spots. But each player will attempt 30 pullup shots with a left hand dribble and 30 pullup shots with a right hand dribble.

