

GUARD WORKOUTS



**3 FULL WORKOUTS FOR
POINT GUARDS
AND SHOOTING GUARDS**

**THESE WORKOUTS WORK ON
FINISHING, SHOOTING,
BALLHANDLING, AND GAMELIKE
SITUATIONS**

**FROM COACH MASON WATERS
YOUTUBE.COM/MASONWATERS**

GUARD LESSONS

THE EVOLUTION OF
KAWHI LEONARD'S
3 POINT SHOOTING

**GREAT PLAYERS HAVE GREAT
SKILL & HIGH I.Q. MY CHANNEL
HELPS PLAYERS WITH BOTH.**

42 FG%
.5 3PT%
6 EFG%

OTING 8:39



ELITE REBOUNDING 23:23

POCKET PA

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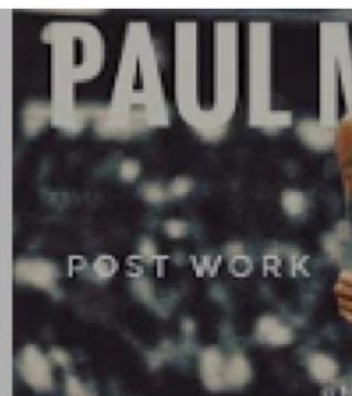
CLICK OR TAP HERE



2:40



DRIVING & FINISHING 8:52



the Pick
Walker NBA...

 NBA Level Finishing
Damian Lillard NBA FILM...

POST WORK | P
2016-17 | Atlant

This workout is designed for point guards *and* shooting guards but the format of the workout can be used for any position.

There are sections for 3 skills of the game: finishing, passing, and shooting. You can mix and match the different sections as you wish also.

The first 10-15 minutes focuses on finishing. The second segment is 20-25 minutes of shooting. The last section focuses on team actions. You will need a passer for this section. Shooting and finishing are vital, but it is equally important

The format of this workout goes like this:



If you give great effort during these workouts, these will be very productive 40-60 minute sessions.

If you have any questions, please send me an email at coachmasonwaters@gmail.com or DM me on social .. @coachmasonwaters_!

If you got this and you're wondering who it came from, [HERE](#) is a little info on me :)

FINISHING

FOR EACH OF THESE MOVES,
START ON THE PERIMETER. THEN
DRIVE TO THE BASKET AND MAKE
THE FINISHING MOVE

WORKOUT #1

- 1) Outside hand Inside foot layup
- 2) Jump stop, shot fake, layup
- 3) 2 foot floater left hand
- 4) 2 foot floater right hand
- 5) Finger roll at the front middle of the rim

WORKOUT #2

- 1) Inside hand outside foot layup
- 2) Outside hand reverse layup
- 3) 1 foot floater left hand
- 4) 1 foot floater right hand
- 5) Finger roll from baseline drive

WORKOUT #3

- 1) Pro hop, finish
- 2) 2 feet inside hand finish
- 3) 2 feet outside hand finish
- 4) Inside hand reverse layup
- 5) Bank shot from the block

SHOOTING

WORK ON EACH SHOOTING MOVE
FOR 4-5 MINUTES OR 25 REPS OF
EACH MOVE

WORKOUT #1

- 1) Right hand pullup jumper
- 2) Left hand pullup jumper
- 3) Right hand pullup off a ball screen
- 4) Left hand pullup off a ball screen
- 5) Regular catch and shoot

WORKOUT #2

- 1) Catch & shoot: top of key
- 2) Catch & shoot: wings
- 3) Catch & shoot: corners
- 4) Catch and shoot: pass coming from half court
- 5) Catch and shoot off a skip pass

WORKOUT #3

- 1) Flare screen: catch and shoot
- 2) Flare screen: pullup
- 3) Down screen: catch and shoot
- 4) Down screen: pullup
- 5) Down screen: stepback jumper

TEAM ACTIONS

WORKOUT #1

Ball screen reads

- 1) Pullup jumpshot
- 2) Reject
- 3) Early Split
- 4) Late split
- 5) Snake jumpshot

For details see below

WORKOUT #2

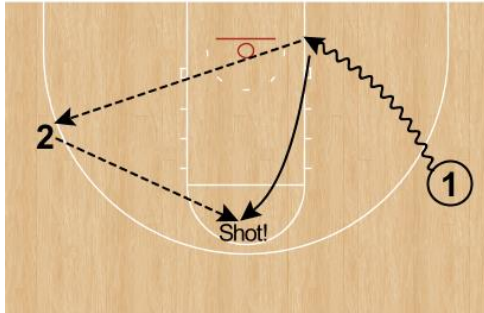
Multiple actions

- 1) See next page

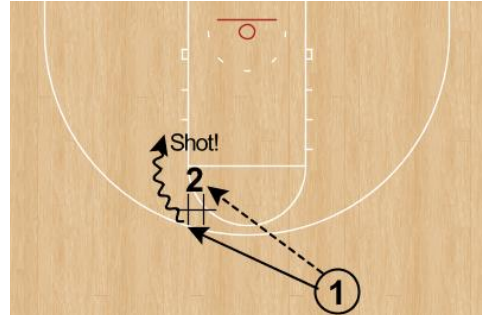
WORKOUT #3

In this section of your workout, practice your role within your team's offense. Ask your coach what is needed of you in the offense and practice that.

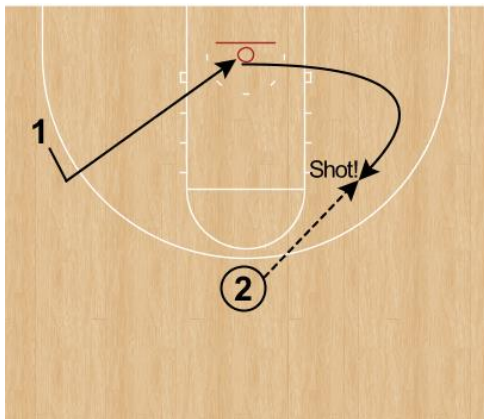
For descriptions on ball screen reads, go [HERE](#).



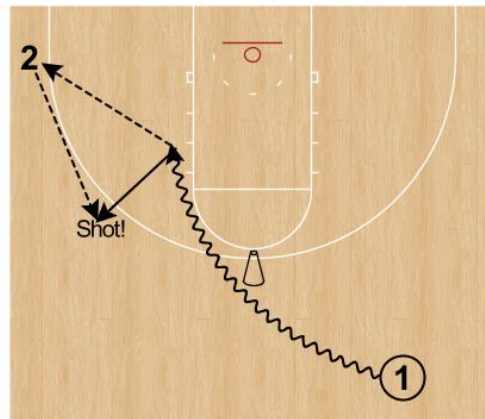
BASELINE DRIVE. ONE HAND PASS. CUT INTO A CATCH AND SHOOT.



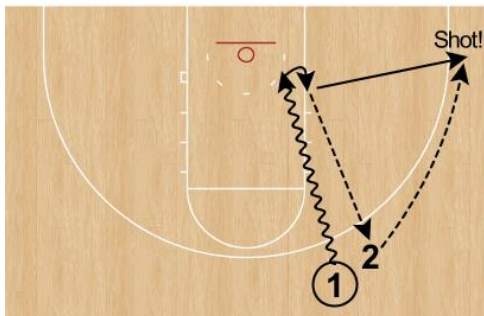
PASS TO HIGH POST. RECEIVE HANDOFF. JUMPSHOT.



BACKDOOR CUT TO CURL AND SHOOT



ATTACK OFF A SCREEN. PASS TO CORNER. SPACE OUT. SHOOT.



DRIVE, JUMP STOP. PIVOT OUT. PASS TO PERIMETER. SPOT UP IN CORNER.

If you're a player, keep in mind that basketball is a simple game. Yes there are details, nuances, and small ways to get an advantage. But by and large, most middle school, high school, and even college players need to focus on the absolute basics. That's what the professional players do!

I hope you enjoyed this and find it helpful.

I share stuff like this when I can, so if you want to keep up for future workouts, drills, etc, you can join my email list [HERE](#), or follow me on any social media.

Thanks and reach out if I can help. coachmasonwaters@gmail.com is my email

Mason Waters