

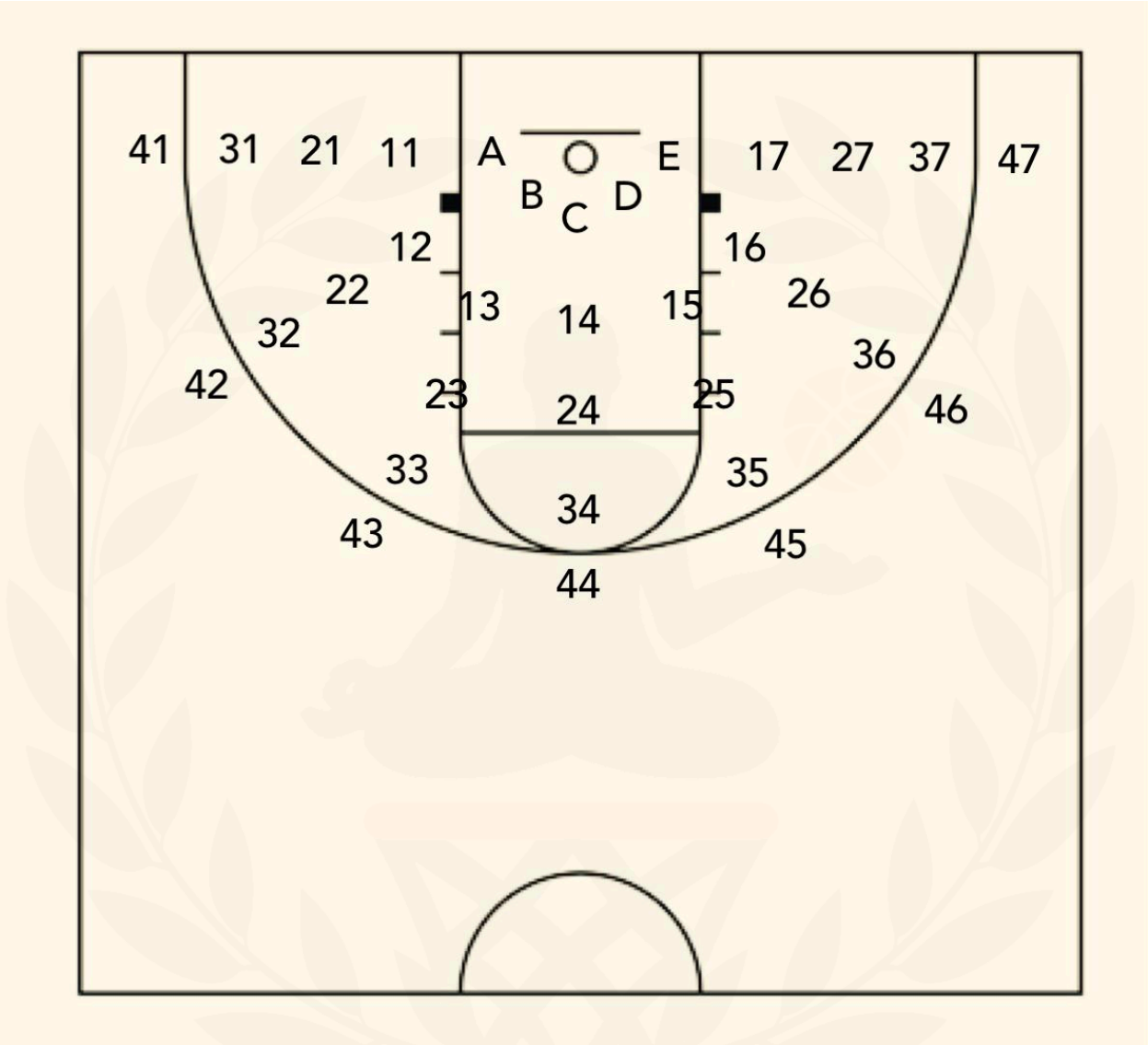
GRANDMASTERHOOPS - PERFECT SHOOTING PROGRAM - 2026

PERFECT SHOOTING WORKOUT EXPLANATION

1. Imagination
 - a. You have to mentally pretend you are in a game scenario and imagine where you caught the ball from, where your initial defender is, and where the help is. The more real it feels, the more likely it is to translate
2. Intensity & focus
 - a. Intensity and speed are not the same but you should be focused when you do this. When you are meant to go fast then go as fast as you can so it can translate. Your focus will increase when you stop thinking about anything outside of what you're currently doing and there's nothing left to think about other than the current moment.
3. Shot speed
 - a. You don't always need to shoot every shot full speed but once you are comfortable with a certain shot then you should practice it faster than normal and push the limit of how fast you can shoot off the catch and off the dribble.
4. Basic nuances you can change (start with some you know work for you in a game)
 - a. Low rip through
 - b. High rip through
 - c. Shot fake
 - d. Fake rip through (jab step)
 - e. 1-2 step (left right or right left)
 - f. Hop
 - g. Simulate pick and roll / hand off / screen action
5. What to do when it's too easy
 - a. Add More makes
 - b. Time constraints (X amount in Y seconds / minutes)
 - c. Makes in a row
 - d. Swishes only
 - e. Running between each rep (Ex: run to the sideline and back for each shot)
 - f. COMBINE ANY OF THOSE TOGETHER
6. Understand where to shoot from
 - a. If it says 1 dribble pull up from spot #33 that means dribble to that spot. Don't start at spot #33. So back up far enough to when you take your dribbles you end up at that spot for the shot

Watch the explainer video first

Use this shooting map to reference the spots along with the video



DAY 1, 2, 3

LAYUP WARM UP - (jump off of 1 foot)

Right side of the basket

10 makes per layup

- Right Hand
 - Overhand backboard
 - Overhand NO backboard
 - Underhand backboard
 - Underhand NO backboard
 - Reverse backboard
 - Reverse NO backboard

Left side of the basket

10 makes per layup

- Left Hand
 - Overhand backboard
 - Overhand NO backboard
 - Underhand backboard
 - Underhand NO backboard
 - Reverse backboard
 - Reverse NO backboard

FLOATER WARM UP - (jump off of 1 foot)

- Right hand / spots #11 to #17
 - Make 5 in every spot using no backboard
 - Make 5 in every spot using backboard (for baseline #11 & #17 use no backboard)
- Left hand / spots #11 to #17
 - Make 5 in every spot using no backboard
 - Make 5 in every spot using backboard (for baseline #11 & #17 use no backboard)

SHOOTING

- Form shots / spots A to E / 5 swishes per spot
- Catch & shoot / spots #11 to #47 / 10 makes per spot
 - Make 5 free throws after you finish one distance
- One dribble pull up / spots #31 to #37
 - 10 makes per spot going right then make 5 free throws
 - 10 makes per spot going left then make 5 free throws
- Shot fake, side step dribble three / spots #41 to #47
 - 10 makes per spot going right then make 5 free throws
 - 10 makes per spot going left then make
- Swish 10 free throws to end

DAY 4, 5, 6

LAYUP WARM UP - (jump off of 2 feet)

Right side of the basket

10 makes per layup

- Right Hand
 - Overhand backboard
 - Overhand NO backboard
 - Underhand backboard
 - Underhand NO backboard
 - Reverse backboard
 - Reverse NO backboard

Left side of the basket

10 makes per layup

- Left Hand
 - Overhand backboard
 - Overhand NO backboard
 - Underhand backboard
 - Underhand NO backboard
 - Reverse backboard
 - Reverse NO backboard

FLOATER WARM UP - (jump off of 2 feet)

- Right hand / spots #11 to #17
 - Make 5 in every spot using no backboard
 - Make 5 in every spot using backboard (for baseline #11 & #17 use no backboard)
- Left hand / spots #11 to #17
 - Make 5 in every spot using no backboard
 - Make 5 in every spot using backboard (for baseline #11 & #17 use no backboard)

SHOOTING

- Form shots / spots A to E / 5 swishes per spot
- Catch & shoot / spots #11 to #47 / 10 makes per spot
 - Make 5 free throws after you finish one distance
- Two dribble pull up / spots #31 to #37
 - 10 makes per spot going right then make 5 free throws
 - 10 makes per spot going left then make 5 free throws
- Stand still dribbling into shot / spots #41 to #47
 - 10 makes per spot, pick up right hand, then make 5 free throws
 - 10 makes per spot, pick up left hand
- Swish 10 free throws to end

DAY 7 - Do Whatever. Shoot for fun or play shooting games or work on weaknesses