

## Free Perimeter Shooting Workout With Videos and Drills

- By [Joe Haefner](http://www.breakthroughbasketball.com/joehaefner.html) (<http://www.breakthroughbasketball.com/joehaefner.html>)

This shooting workout is a great way to improve your shooting, develop rhythm, build confidence, and get up a high amount of reps in a short amount of time.

This workout will last approximately 50 to 70 minutes and you will get 350 to 450 shots

[Download Free Shooting Workout](http://www.breakthroughbasketball.com/drills/freeshootingworkout.pdf)  
(<http://www.breakthroughbasketball.com/drills/freeshootingworkout.pdf>)

Form Shooting - One Hand - 20 Shots  
Form Shooting - With Guide Hand - 30 Shots  
Short Long - Top - 30 Shots  
Short Long - Right Wing - 30 Shots  
Short Long - Left Wing - 30 Shots  
Two Games of Seven - Approx 40 to 100 Shots  
Block to Right Wing - Mid Range - 10 Shots  
Block to Right Wing - Long Distance - 10 Shots  
Block to Left Wing - Mid Range - 10 Shots  
Block to Left Wing - Long Distance - 10 Shots  
Block to Right Wing - 1 Dribble Shot - 10 Shots  
Block to Left Wing - 1 Dribble Shot - 10 Shots  
Block to Right Wing - 2 Dribble Change - 10 Shots  
Block to Left Wing - 2 Dribble Change - 10 Shots  
Ray Allen Shooting Drill - 2 Games - 50 to 70 Shots  
Shoot 5 Free Throws Between Every Drill - Total of 75

For a longer description of each drill, you can click on the following links or watch the videos below.

[Short Long](http://www.breakthroughbasketball.com/drills/short-long-shooting-drill.html) (<http://www.breakthroughbasketball.com/drills/short-long-shooting-drill.html>)  
[Two Games of Seven](http://www.breakthroughbasketball.com/drills/competitive-shooting-drills.html) (<http://www.breakthroughbasketball.com/drills/competitive-shooting-drills.html>)  
[Block to Wing - Shot, 1 Dribble, 2 Dribble Change](http://www.breakthroughbasketball.com/drills/Kevin-Durant-Shooting-Drills-Workout.html) (<http://www.breakthroughbasketball.com/drills/Kevin-Durant-Shooting-Drills-Workout.html>)  
[Ray Allen Shooting Drill](http://www.breakthroughbasketball.com/drills/Ray-Allen-Shooting-Drill.html) (<http://www.breakthroughbasketball.com/drills/Ray-Allen-Shooting-Drill.html>)

**Short Long**



**Seven - 1:25 to 2:49**



**Block To Wing - Shot - 0:15 to 0:35**

**Block To Wing - 1 Dribble Shot - 1:12 to 1:47**

**Block To Wing - 2 Dribble Change Shot - 2:29 to 3:05**



**Ray Allen Shooting Drill**



What do you think? Let us know by leaving your comments, suggestions, and questions...

**Comments**

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**David Flores says:**

5/21/2014 at 4:43:17 PM

I love this please send me more. My team and i would love to see more thank you!

**g a stopp says:**

5/22/2014 at 10:54:45 AM

Really good stuff. Thanks and please keep them coming.

Greg

**Daniel Brown says:**

5/23/2014 at 12:16:22 PM

Really like the emphasis of the reverse pivot, which keeps players eyes focused on the whole floor and any open team mates prior to making their move.

**Joe Haefner says:**

5/23/2014 at 2:20:19 PM

Thank you. We appreciate the kind words.

**Ben says:**

6/22/2014 at 1:10:11 AM

The KD sweep move is travel most of the time (as shown by the demonstrator). While allowed in the NBA, not so where the game is refereed to FIBA rules.

The Ray Allen drill is somewhat dangerous. Because the next shot is behind the previous, there is a tendency for the shooter to be heading back before completing the shoot - feet land forwards and head a little back. An almost subconscious action as they know the next spot to move to is behind!

The demonstrator shows this flaw on numerous occasions with poor balance at the end of the shot. With a (well) coached session this can be identified and perhaps eliminated, although can be difficult to remove with a player prone to such movement.

Like what you're trying to do, however for those players/coaches without the knowledge and awareness some of these drills might be hurting more than helping.

That's my thoughts anyway.....

**Joe Haefner says:**

6/22/2014 at 5:16:32 PM

Ben, we appreciate the feedback!

I agree that there were some travels in there for the Kevin Durant drill.

During that workout, I was emphasizing the shooter to maintain a shooting position (feet set, eyes on the rim) prior to driving. That's why there was a pause prior to making the move every time.

I agree that emphasis points are important for every drill. Teaching and emphasis are what make the drill helpful, not the drill itself.

It's also detrimental to focus on too many aspects of the skill at once... paralysis analysis... probably should have used a different day for the video or had a different emphasis on the day I brought the camera.

I guess I didn't think it was a big deal that he was traveling on some of the moves as we easily cleaned this up in another workout. "Ball quick to the floor." I guess I thought most coaches understood this rule and would not have an issue with it... maybe my thought process is incorrect.

For the Ray Allen Shooting drill, I have tweaked that drill and I now emphasize that players must.... step forward on every pass. Players make more shots and stretch their shooting range within the drill just by adding that little emphasis point.

However, the shooting position of feet forward and head back is something I teach. It's something I recently added as an emphasis point over the last few years. It has helped shooters that I work with. If you watch game film, you'll notice a high percentage of great shooters have the same technique.

Thanks again and we appreciate the conversation!

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