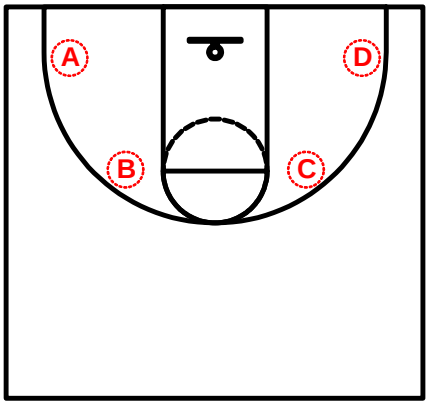
TRIANO'S 300 SHOT INDIVIDUAL WORKOUT

ATHLETE: _____ **DATE:** _____ **CAMP:** _____

Warm up with 10 free throws and record your score. Shoot 25 shots from (A) – sprint after each rebound return to (A) without traveling. Record the number of shots made at (A). Shoot 10 free throws - record, same at (B). This should be physically exhausting. Remember – no traveling and try turning into the shot on each spots from both sides.

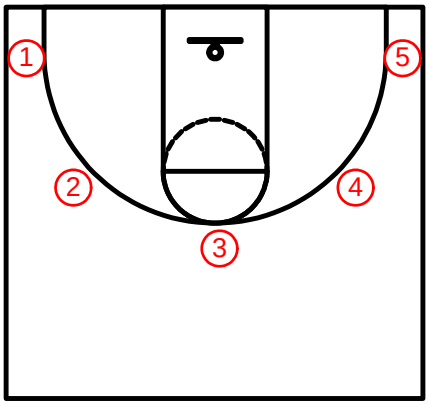


FT's _____/10 _____/10 _____/10 _____/10 _____/10

A. _____/25 **B.** _____/25 **C.** _____/25 **D.** _____/25

TOTAL: _____

After (D) and 10 free throws move to (1). Stand at (1) – self toss and shoot the ball. Sprint to rebound and run back to the spot, repeat 10 times. Then do the same thing from (1), only shot fake - one dribble - pull up going left 5 times. Then, shot fake - one dribble - pull up - going right 5 times. Record total of 20 shots from (1). Shoot 10 free throws in between each set of 20 shots.



FT's _____/10 _____/10 _____/10 _____/10 _____/10

1 _____/20 **2** _____/20 **3** _____/20 **4** _____/20 **5** _____/20

TOTAL: _____

TOTAL (ABCD)**:** _____/100 **TOTAL** (12345) _____/100 **TOTAL** FT'S _____/100

GRAND TOTAL: _____/300

Raptors assistant coach, Jay Triano, developed this drill as a young athlete. It helped him develop into a prolific shooter. As head coach of the Canadian men's national team, he requires his athletes to use this drill to improve their shooting. If done at game-speed, this drill should take 45-50 minutes to complete.

LEFT: Coach Triano explains the 300 Shot Drill to Raptors Development Academy participants.