Steve Alford Shooting Workout

1. **Spin Ball out—catch and shoot**
2. **10 free throws**
3. **Spin ball out—one dribble and shoot**
4. **10 free throws**
5. **On your own—do any shot you want**
6. **10 free throws**
7. **Spin ball out—shoot bank shots**
8. **10 free throws**
9. **Attack the chair—make a move off the dribble around the chair**
10. **10 free throws**
11. **Two chairs shooting—no dribble (place chair at 10’-15’ and pick ball up off the chair as if you were coming off a screen**
12. **10 free throws**
13. **Two chair shooting—one dribble**
14. **10 free throws**
15. **Two chair shooting—two dribbles**
16. **10 free throws**
17. **Two chair shooting—three dribbles**
18. **10 free throws**
19. **On your own**
20. **10 free throws**

**Short Workout                                Middle Workout                              Long Workout**

**(All-Conference)                               (All-State)                                         (All American)**

10 shots                                            15 shots                                            20 shots

10 free throws                                  10 free throws                                  10 free throws