



PHIL FORTE WORKOUT

The following covers the basics of my shooting routine when I was in High School. I only counted makes and every repetition was shot off the move. The number of makes can be adjusted accordingly. Every workout started with 15-20 minutes of ball handling before shooting.

-Phil

OFF THE DRIBBLE

- MAKE 30 PULL UP JUMPERS
- MAKE 30 FLOATERS
- MAKE 30 PUMP FAKE, ONE/TWO DRIBBLE PULL UPS
- MAKE 30 OFF THE DRIBBLE THREE'S
- MAKE 30 PUMP FAKE, SIDE DRIBBLE THREES

*** MAKE 10 FREE THROWS AFTER EACH SET ***

CATCH & SHOOT

- MAKE 20 SHOTS GOING ELBOW TO ELBOW
- MAKE 20 SHOTS GOING WING TO CORNER
- MAKE 20 SHOTS GOING WING TO CORNER (OTHER SIDE)
- MAKE 20 SHOTS FROM THE TOP OF THE KEY (IN BETWEEN THE NAIL AND THREE-POINT LINE)
ALWAYS BACK PEDDLING 3-4 STEPS AFTER EACH SHOT
- MAKE 20 THREES GOING HIGH ELBOW TO HIGH ELBOW
- MAKE 20 THREES GOING WING TO CORNER
- MAKE 20 THREES GOING WING TO CORNER (OTHER SIDE)
- MAKE 20 THREES FROM THE TOP OF THE KEY.
ALWAYS BACK PEDDLING 3-4 STEPS AFTER EACH SHOT

*** MAKE 10 FREE THROWS AFTER EACH SET ***

Phil Forte III