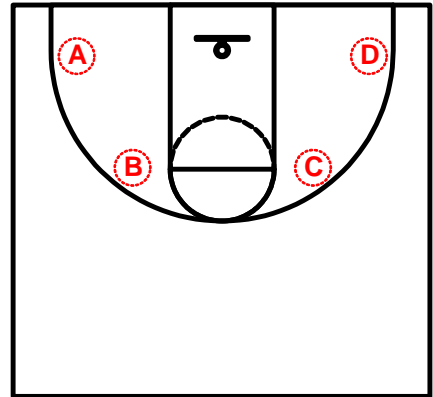




# TRIANO'S 300 SHOT INDIVIDUAL WORKOUT

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.

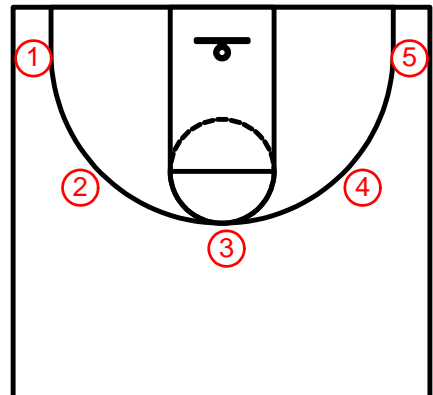


FT's \_\_\_\_\_  
           10          10          10          10          10

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_ D. \_\_\_\_\_  
    25          25          25          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 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
   20          20          20          20          20

TOTAL: \_\_\_\_\_

TOTAL (ABCD): \_\_\_\_\_ TOTAL (12345) \_\_\_\_\_  
                   100                  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 a player. When performed 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.

