**Reggie Miller’s**

**"Shooting Off The Dribble" Workout**

Each player starts with a spin out and catch on the perimeter anywhere from 15 feet to 3 or 4 feet outside the arc, using the whole court. The Players should use a variety of set ups—catch and rip, jab, catch and lift, shot fake.

The player needs to be a quick decision maker as if in a game situation. In a game they would shoot off the catch, make a quick move, or pass the basketball.

**1.** Shoot off the spin and catch 25 shots.

**2.** 1 dribble with the right hand and then shoot. 25 shots.

**3.** 2 dribbles with the right hand and shoot. 25 shots.

**4.** 1 dribble with the left hand and shoot. 25 shots.

**5.** 2 dribbles with the left hand and shoot. 25 shots.

**6.** 3-dribble sequence into the shot off the dribble.

**A. Cross over** (right—cross dribble with left—another left; alternate with left—cross dribble with right—another right). 25 shots.
**B. Inside out** (right—inside out—another right; alternate with left—inside out—another left). 25 shots.
**C. Between the legs** (right—through—left: alternate with left—through right). 25 shots.
**D. Change of pace or step back move**—vary the timing. 25 shots.

Player shoots 10 free throws after each set of 25 shots.

Total workout—225 shots plus 80 free throws.