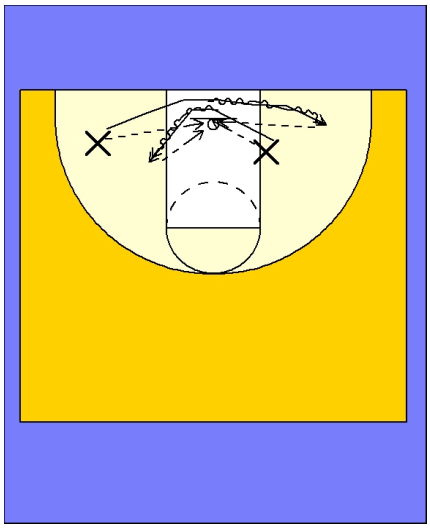
Steve nash workout



Steve Nash 20-Minute Workout

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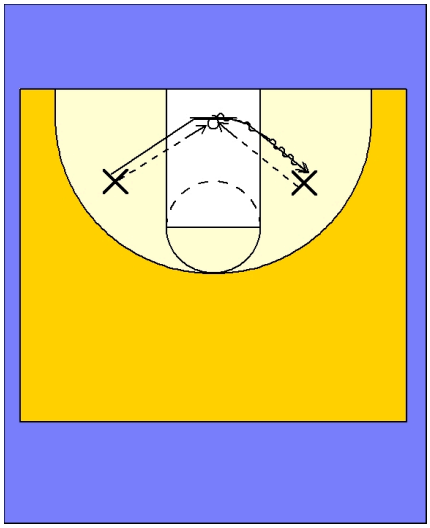
Shot: Block to Block; Baseline to Baseline

Time: 20:00 ---> 18:00

Please note: This is an "individual" workout. You will always rebound your own shot and dribble out to the next shooting spot. Adding a rebounder is fine and will only increase your repetitions.

Start in close, block to block jumpers along the baseline. Rebound your own shot, dribble to next spot, and shoot side to side. Slowly move out on the baseline to about 15 feet.

Teaching Point: "Never go to the gym and count how many shots you take....always count how many you make....Starting in close develops confidence, form and touch."



Steve Nash 20-Minute Workout

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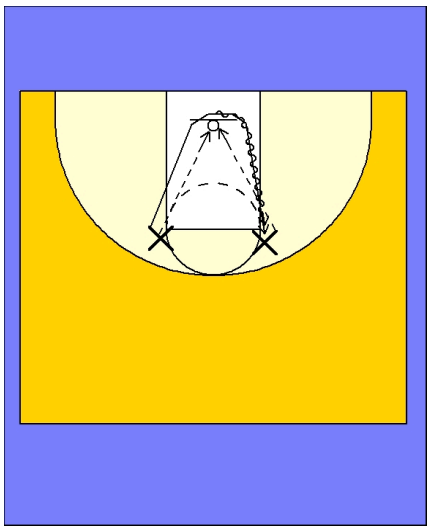
Shot: Bank shots, mid-wing to mid-wing

Time: 18:00 ---> 17:30

Bank shots from mid-wing to mid-wing. Nash likes to make 10 in a row before moving on.



Steve Nash 20-Minute Workout

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Shot: Elbow to Elbow

Time: 17:30 ---> 16:45

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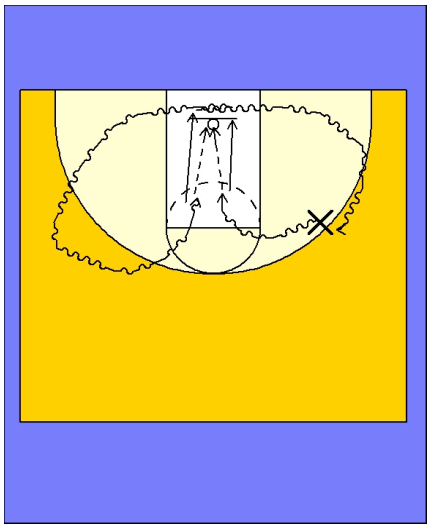


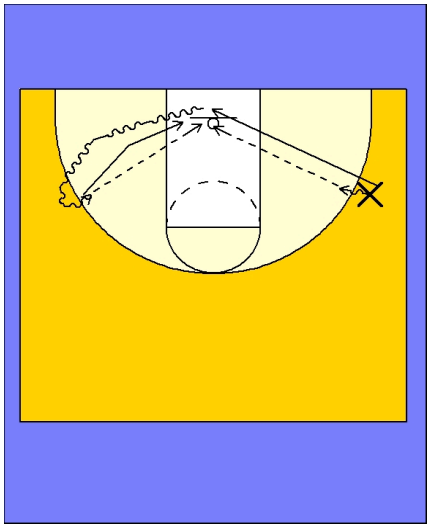
Steve Nash 20-Minute Workout

Shot: Mid-lane runners

Time: 16:45 ---> 15:30

With so many big men in the NBA, Nash stresses the importance of learning how to shoot the "runner"....lofting the ball up and over the bigger defenders.

Work on driving from wing to middle on both sides. Runner is shot from the mid-lane area, just below the FT line.

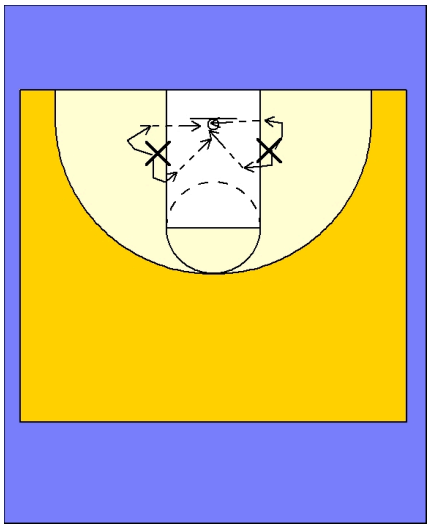


Steve Nash 20-Minute Workout

Shot: Hesitation move - pull up jumpers on wing

Time: 15:30 ---> 14:00

Hesitation dribble move on the wing, pull up and shoot jumper just inside the "3" point line. Rebound your own shot and dribble out to the opposite wing.

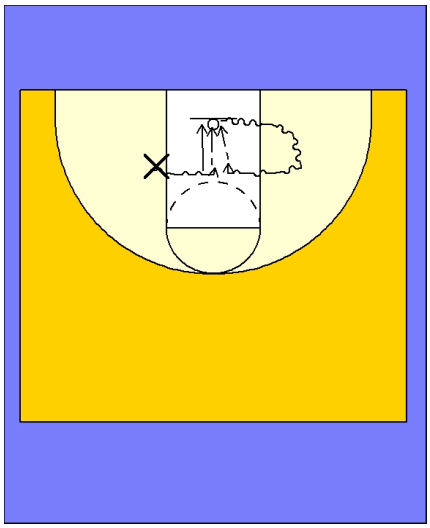


Steve Nash 20-Minute Workout

Shot: Block to Block Post Moves

Time: 14:00 ---> 12:00

Back to basket, working on turn around jump shots to both the middle of the floor and to the baseline side.

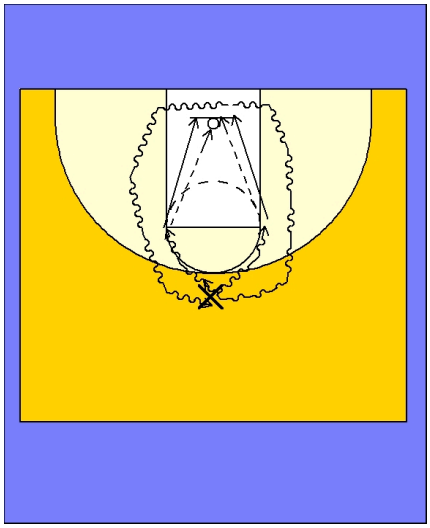


Steve Nash 20-Minute Workout

Shot: Hook Shots

Time: 12:00 ---> 10:45

Working on left and right hand hook shots dribbling into the middle of the lane.



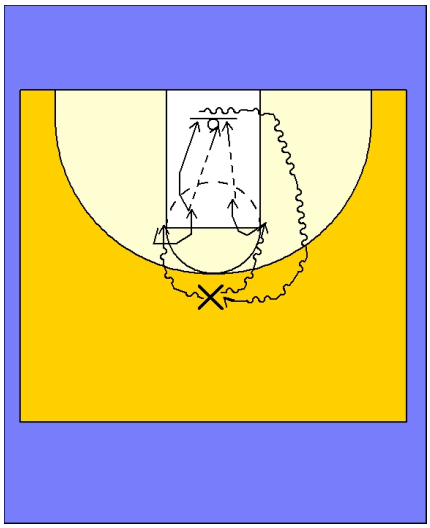
Steve Nash 20-Minute Workout

Shot: Elbow Jumpers

Time: 10:45 ---> 9:00

Starting at the top of the key, take one hard, quick dribble and pull up at the elbow for the jump shot. Rebound your shot and dribble back to the top.

Start next series taking one dribble to the opposite elbow as in the last series.



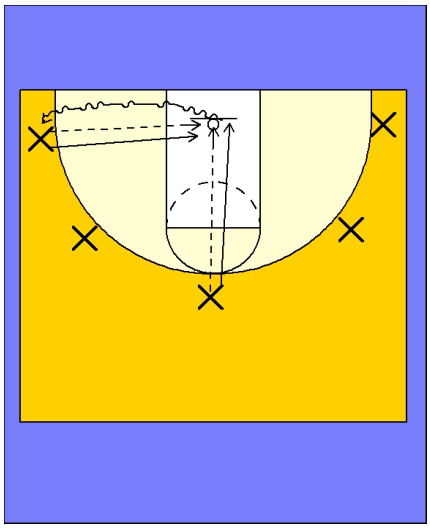
Steve Nash 20-Minute Workout

Shot: Elbow reverse (spin) dribble jumper

Time: 9:00 ---> 7:00

Similar to last drill, only after taking one dribble to the elbow, use a reverse (or spin) dribble for a pull up jumper in the lane just below the FT line.

Next series attack the opposite elbow and repeat reverse dribble move.

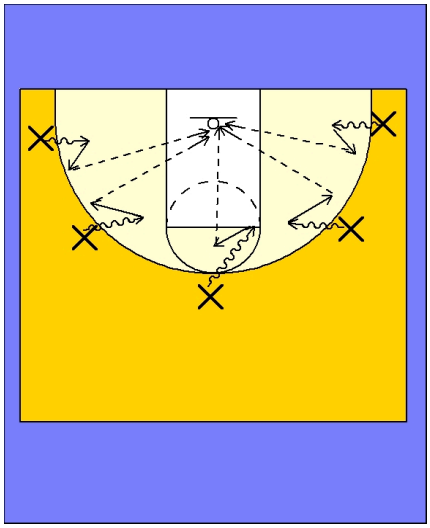


Steve Nash 20-Minute Workout

Shot: 3-Point Shots

Time: 7:00 ---> 5:00

Shoot 3-point jumpers from the spots marked in the diagram. Rebound your shot and dribble out to another location. No need to stay in a particular order. Often times your missed shot direction will determine your next spot.

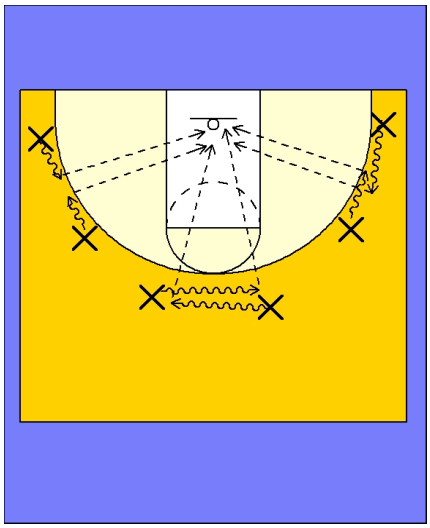


Steve Nash 20-Minute Workout

Shot: Step back jumpers

Time: 5:00 ---> 3:30

Start at the 3-point line, take one hard dribble towards the basket and step back and shoot the jump shot.



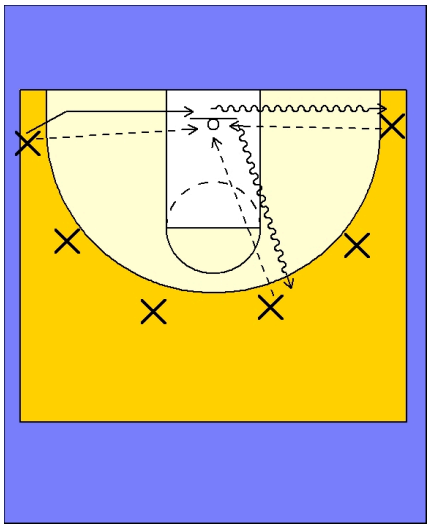
Steve Nash 20-Minute Workout

Shot: Pick and roll jumpers

Time: 3:30 ---> 1:30

This shot simulates using the screen in your offense. Take one or two dribbles across the perimeter and shoot the jump shot.

Work on using the ball screen from most directions, avoiding using a ball screen that would take you towards the deep corner.



Steve Nash 20-Minute Workout

Shot: NBA Range "3" Point Shots

Time: 1:30 ---> **END**

Nash goes "overtime" about 1 minute on this drill. Wanted to finish with a couple of made "3's" in a row, but now stepping out to NBA 3-point range.