

SHOOTING

Player Development Plan 2026

	Phase	Dates	Total	Focus
OFF-SEASON	Base	Apr 1 – Apr 4	2	Spot-Up Shooting, Free Throws, Shot Form
	Cycle 1	Apr 5 - May 2	16	Form Shooting, Catch & Shoot, Shot Mechanics
	Cycle 2	May 3 - May 23	12	Spot Shooting, Pull-Ups, Shot Variety
	Assessment 1	May 24 - May 30	2	Form Check, Touch Shooting, Low-Intensity Evaluation
	Cycle 3	May 31 - Jun 27	16	Pull-Ups, Shot Creation, Finishing Touch
	Cycle 4	Jun 28 - July 25	16	Game Shots, Shot Volume, Game Speed
	Assessment 2	July 26 - Aug 1	2	Form Reset, Rhythm Shooting, Low-Intensity Work
PRE-SEASON	Cycle 5	Aug 2 - Sept 5	20	Game Shots, Shooting Volume, Consistency
	Cycle 6	Sept 6 - Oct 17	18	Game-Read Shooting, Decision-Making, Efficiency
	Assessment 3	Oct 18 - Oct 24	2	Shooting Routine, Form Refinement, Recovery Work
IN-SEASON	Cycle 7	Oct 25 - Nov 28	10	Game Shots, Pre-Game Routine, Shot Readiness
	Cycle 8	Nov 29 - Dec 26	8	Low-Volume Shooting, Maintenance, Efficiency
	Assessment 4	Dec 27 - Jan 2	1	Routine Reset, Form Maintenance, Light Reps
	Cycle 9	Jan 3 - Feb 20	14	Game Shooting, Efficiency, Shot Selection
POST-SEASON	Cycle 10	Feb 21 - Mar 20	6	Shot Efficiency, Confidence, Game Execution
	Transition	Mar 21 - Mar 31	0	Full Recovery, Mobility, Mental Reset

SHOOTING

Workout

 Player

Anaya Beard ▾

 Date

04/13/26

 Time

60 Minutes

 Focus

Pace + Conditioning

 Location

Gym / Hoop Access

 Cycle

1.2.1

Warm-Up (10 Minutes)

Drill	Description	Completed
One-Hand Form Shooting	30 Makes - 5 Feet No Jump	<input checked="" type="checkbox"/>
Form Shooting	20 Makes - 10 Feet No Jump	<input checked="" type="checkbox"/>
Catch & Shoot Mid-Range	5 Spots x 5 Makes	<input checked="" type="checkbox"/>
Free Throws	5 In A Row	<input checked="" type="checkbox"/>

Main Conditioning (30 Minutes)

Drill	Description	Result
Catch & Shoot Mid-Range (Backpedal)	5 Spots x 6 Makes Makes Only	30
Catch & Shoot Mid-Range (Slide)	3 Spots x 10 Makes Makes Only	30
Catch & Shoot 3	5 Spots x 10 Makes 50 Makes - Record Total Attempts	68
9 In 2	3 Rounds Max Reps x 02:00.00 2 Misses In A Row = Next Spot	17, 12, 25
Free Throws	50 Makes Record Attempts	58

Cool Down (15 Minutes)

Drill	Description	Completed
Pick & Pop Mid Range-Range	3 Spots x 5 Makes	<input checked="" type="checkbox"/>
Pick & Pop 3	3 Spots x 5 Makes	<input checked="" type="checkbox"/>
Free Throws	5 In A Row	<input checked="" type="checkbox"/>
		<input type="checkbox"/>

SHOOTING

Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Makes	Notes
			Conditioning	5,268	
04/06/26	Shooting - Workout - 1.1.1	Form Shooting Catch & Shoot Slow Proaression	Form + Rhythm	360	Going left and catching on her right foot step (Inisde Foot) into the hop needs work
04/07/26	Shooting - Workout - 1.1.2	Game-Like Movement	Efficiency + Speed	350	Need to work on her shooting down up. Leans forward and to the left which makes her shot flat
04/09/26	Shooting - Workout - 1.1.3	Quicker Releases Game-Speed Shots 3PT Work	Game Speed	400	Solid mechanics early, needs to maintain same form as reps increase
04/10/26	Shooting - Workout - 1.1.4	Form Shooting Catch & Shoot Free Throws	Consistency + Rhythm	200	Good rhythm on catch & shoot, footwork improving but still inconsistent at times
04/13/26	Shooting - Workout - 1.2.1	Mid-Ranae Quick Release Catch & Shoot	Pace + Conditioning	329	Quicker release showing, needs to stay balanced on higher speed reps
04/14/26	Shooting - Workout - 1.2.2	Off-Dribble Step-Backs Side-Step Shots	Game Speed	350	Game speed improving, decision-making still needs to be quicker
04/15/26	Shooting - Workout - 1.2.3	High-Volume Shooting Off-Screen Work	Shot Creation	300	Good pace and volume, continue improving shot preparation and footwork
04/16/26	Shooting - Workout - 1.2.4	Mid Ranae 3s Deep 3s	Volume + Consistency	300	Good volume, maintain consistency across all spots especially late
04/20/26	Shooting - Workout - 1.3.1	Game-Winnina Shots Clutch Reps	Clutch Shooting	289	Confident shooting under pressure, continue working on shot selection
04/21/26	Shooting - Workout - 1.3.2	Game-Speed Catch- Quick Release	Quick Release	280	We'll need to spend more time on her catch and shoot 3 form. When she gets tired or in her head her form goes all over the place.
04/23/26	Shooting - Workout - 1.3.3	Stationary 3s Form Reps Footwork Patterns	Footwork + Rhythm	500	Good footwork patterns overall, continue tightening balance on each catch
04/24/26	Shooting - Workout - 1.3.4	Stationary 3s Form Reps Footwork Patterns	Balance + Consistency	250	Balance improving, needs to stay consistent through full shooting sessions

04/27/26	Shooting - Workout - 1.4.1	Mikan Series Underhand Stretch	Pattern Consistency	450	Strong repetition and rhythm, continue building confidence in patterns
04/28/26	Shooting - Workout - 1.4.2	Stationary 3s Volume Conditioning	Footwork Efficiency	280	Footwork efficiency improving, focus on quicker setup into shots
04/29/26	Shooting - Workout - 1.4.3	Stationary 3s Footwork Form Focus	Range + Endurance	380	Range is improving, continue maintaining form as distance increases
04/30/26	Shooting - Workout - 1.4.4	Transition 3s Relocation Deep Shooting	Game Decisions	250	Making solid reads, continue improving shot selection in transition situations