

	<b>Shooting Warm-Up</b>	
1	1 Hand Touch Shooting (6')	10 makes
2	Touch Shooting (6')	10 makes
3	Pocket Lift Shooting - Balance hand (12')	10 makes
4	Pocket Lift Shooting - Shooting hand (12')	10 makes
5	Pound Lift Shooting - Balance hand (12')	10 makes
6	Pound Lift Shooting - Shooting hand (12')	10 makes
	<b>Mid-Range Moves</b>	
7	Throw Crossover Step Back	4 finishes - W, P, W
	cross to immediate step back	
8	Shimmy J - baseline drive	4 finishes - W, P, W
	fake outside drive with jab and shoulder fake, use outside foot as first	
	step in 1-2 stop into immediate jumper	
9	Same-Foot Step Back - middle drive	4 finishes - W, P, W
	throw outside shoulder and foot towards the rim at same time as pound	
	dribble, step back off outside foot	
10	Reverse Behind the Back Pullback	4 finishes - W, P, W
	defender jams drive - stay low, jab outside foot and throw shoulders to	
	outside, pull ball behind back to step back jumper	
11	Half Spin	4 finishes - W, P, W
	pound dribble with outside hand as inside foot steps to rim, pick up dribble	
	as jump stop with back to basket, half spin back to jumper	
12	Pound Pivot - middle drive	4 finishes - W, P, W
	defender on hip - hard pound with outside hand while inside foot strides to	
	rim, reverse pivot on outside foot for jumper	
13	Inside Out Crossover Step	4 finishes - W, P, W
	hard jab with inside foot with inside out dribble, cross-over step into jumper	
14	Between the Legs Crossover Step	4 finishes - W, P, W
	defense cuts off - drive to hard between legs into cross-over step jumper,	
	no extra dribble	
15	Between the Legs Hop	4 finishes - W, P, W
	outside hand to inside hand, sell drive with shoulder fake, into hop back	
	off between legs, no extra dribble	
16	Behind the Back Shift Hop	4 finishes - W, P, W
	behind back from outside hand to inside hand while shifting body to	
	outside - hop back opposite direction as behind back	
17	Side Push Out Step	4 finishes - W, P, W
	sell cross or any move (hesitation), side step with foot in that direction	
	immediately into jumper, no extra dribble	
	<b>Shooting Drills</b>	
18	Timed Arc Shooting	4 min
	make as many shots as possible in 4 minutes at a specific range	Goal > 44 makes