

	Shooting Warm-Up	
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
	Ball Screen Reads	
7	Quick Evade	4 finishes - W, W
	D - hedge, stay above screen, open hips	
	pound at same time as opposite foot, uphill, downhill	
8	Top Pop	4 finishes - W, W
	D - hedge, stay above screen, open hips	
	pound at same time as opposite foot, uphill and bounce, downhill	
9	Split-Through	4 finishes - W, W
	D - hedge, stay above screen, open hips	
	pound, jab, jab, split	
10	Push Split-Through	4 finishes - W, W
	D - hedge, stay above screen, open hips	
	pound, jab, jab, same hand split	
11	Early Split	4 finishes - W, W
	D - hedge, stay above screen, open hips	
	inside-out on opening hips, split before screen	
12	Reject	4 finishes - W, W
	D - hedge, stay above screen, open hips	
	start using screen, change speed/direction to attack	
13	Bump Off, Reject	4 finishes - W, W
	D - hedge, stay above screen, open hips	
	riding over top, bump off, cross	
	Shooting Drills	
14	Star Shooting	1 min each direction
	start in corner with C/S - follow star pattern for allowed time	
15	Five Spots in a Row	Goal < 3 min
	5 spots - must make 3 in a row to move to next spot	
	Finish by making 5 in a row, 1 from each spot	