

	<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>Shooting Challenges</b>	
7	14-16 Short Longs	Time
	7 spots - alternate between midrange & 3pt shot, finish with 2 FTs	
	Must make 14/16 or start back over in the corner	
8	Four Range Shooting	Time
	7 spots - must make 5/7 from 4 different ranges from each spot	
	Ranges - 12', 16', 20', 24'	
9	Five Spot in a Rows	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	
10	Five Spot Combo Shooting	Time
	5 spots - make 5 in a row before moving to next spot	
	2 C/S, 1 Rt Pull, 1 Lft Pull, 1 C/S	
11	50 Make One-Miss Shooting	Goal < 5 min
	5 spots - make 10 w/o missing 2 in a row to move on	
12	71 / 75 / 100 Shooting	Time
	7 spots - make prescribed # of shots before moving on	
	Rd 1 - make 5/7 from each spot; Rd 2 - make 2/3; Rd 3 - make 2 in a row	
13	Alternate Range Shooting	Time
	5 spots - make shots below before moving to next spot	
	4 makes midrange, 4 makes 3pt, 4 makes alternating	
14	Baseball Shooting	Runs
	9 spots - miss = Out, swish = HR, make = Hit	
	Score as many runs as possible before getting 3 outs from each spot	
15	Seven Spot 4 Streak	Goal < 6 min
	7 spots - make 4 in a row to move to next spot	
	Finish by making 7 in a row, 1 from each spot	
16	5 Spot in a Rows	Goal < 3 min
	5 spots - make 3 in a row to move to next spot	
	Finish by making 5 in a row, 1 from each spot	
17	Timed Arc Shooting	Goal 44 makes
	Continuously catch & shoot jumpers while moving around arc for 4 min	