

	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
	Ballhandling Drills	
7	Cone Pounds (North-South) shoulder in line with cone, front to back	30 sec each hand
8	Cone Pounds (East-West) tight & low, cone in middle of stance, side to side	30 sec each hand
9	Pound Between Legs X keep ball knee height	30 sec
10	Pound Inside Out w/ Resistance	30 sec each hand
11	Pound Cross w/ Resistance	30 sec
12	Inside Out Cross w/ Resistance Live Ball Moves	30 sec
13	Saint Shuffle chop steps with jabs, read defender	4 finishes - W, P, W
14	Saint Shuffle into Inside Out chop steps with jabs, inside out with jab	4 finishes - W, P, W
15	Between the Legs Float & Explode open hips, float outside defenders feet	4 finishes - W, P, W
16	Between the Legs Float Cross open hips, sprinter stance, defense is outside lead foot	4 finishes - W, P, W
17	Toe Tap Explosion fake 1-2 stop, hip twist	4 finishes - W, P, W
18	Toe Tap Crossover fake 1-2 stop, jab, crossover	4 finishes - W, P, W
	Shooting Drills	
19	5 Spot One Dribble Shooting 30 sec at each spot alternating 1 dribble L, 1 dribble R	Goal > 28 makes
20	71 / 75 / 100 Shooting 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	Time
21	Seven Drill shooting from elbows starting at 7: +1 for miss, -1 for make touch sideline after each shot	Time