

|    |   |                       |
|----|---|-----------------------|
|    | <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>Stationary Ballhandling</b>                      |                       |
| 7  | Pound, Inside Out                                   | 30 sec                |
| 8  | Inside Out, Cross                                   | 30 sec                |
| 9  | Cross   | 30 sec                |
| 10 | Pound, Between Legs, Cross (UTEP 2 Step)            | 30 sec each way       |
| 11 | Between Legs, Cross (UTEP 2 Step)                   | 30 sec each way       |
| 12 | Inside Out, Between Legs                            | 30 sec                |
|    | <b>Live Ballhandling</b>                            |                       |
| 13 | Inside Out (Jab & Go)                               | 4 finishes - W, Pt, W |
| 14 | Inside Out, Crossover (Jab, Jab, Go)                | 4 finishes - W, Pt, W |
| 15 | Stunt (Jab/Pound & Go)                              | 4 finishes - W, Pt, W |
| 16 | Stunt, Cross (Jab/Pound, Jab, Cross)                | 4 finishes - W, Pt, W |
| 17 | Float Cross (Slow, Float, Jab, Cross)               | 4 finishes - W, Pt, W |
| 18 | Between Legs, Inside Out (Legs, Jab/Inside Out)     | 4 finishes - W, Pt, W |
| 19 | Between Legs, Cross (UTEP 2 Step)                   | 4 finishes - W, Pt, W |
| 20 | Between Legs, Behind Back                           | 4 finishes - W, Pt, W |
|    | <b>Shooting</b>                                     |                       |
| 21 | Four Range Shooting                                 | 3 min                 |
|    | 7 spots - corner, low wing, high wing, top          |                       |
|    | 4 ranges - 12', 16', 20', 24'                       |                       |
|    | Goal - 5/7 to move to next range                    |                       |
| 22 | Championship Shooting                               | 2 min total           |
|    | Rt Corner-Rt Wing, Elbow-Elbow, Lft Wing-Lft Corner | 30 sec each           |
|    | 1 dribble pullups alternating from top of key       | 30 sec to finish      |
| 23 | 37 Point Thriller                                   | 1 min (Rd 1-3)        |
|    | Rd 1 - C/S 3's from 5 spots (3 pts each)            |                       |
|    | Rd 2 - 1 dribble pull RT (2 pts each)               |                       |
|    | Rd 3 - 1 dribble pull LFT (2 pts each)              |                       |
|    | Rd 4 - 2 Free Throws (1 pt each)                    |                       |