

	<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>Finishing Moves</b>	
7	Keep High Lay-Up (from game move)	4 finishes - W, W
8	High Off Glass Lay-Up (from game move)	4 finishes - W, W
9	Jump Stop (from game move)	4 finishes - W, W
10	Jump Stop, Shot Fake, Finish (from game move)	4 finishes - W, W
11	Reverse Lay-Up (from game move)	4 finishes - W, W
	Twist - back to baseline	
12	Stride Stop (from game move)	4 finishes - W, W
	1-2 stop - outside foot, then inside foot	
13	Pro Hop (from game move)	4 finishes - W, W
	Pound dribble with jump stop; turn on jump, ball outside shoulder	
	<b>Shooting</b>	
14	Five Spot Combo Shooting	3 min Goal
	Make 5 shots in a row before moving to next spot	
	2 C/S, 1 Dribble Rt, 1 Dribble Lft, 1 C/S 3pt	
15	2 Minute Dribble Jump Shots	2 min
	1 Dribble Rt, 1 Dribble Lft, 2 Dribble Rt, 2 Dribble Lft	
	Right Wing, Left Wing - 1 min each, count makes	