

	<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	Hook Finish (off the glass)	4 finishes - W, P, W
	beat defender, attack front of rim, power pocket, mini-hook shot off glass	
8	Reverse Roll	4 finishes - W, P, W
	beat defender, attack front of rim, back to defender, opp hand finish	
9	Extend Out Lay-Up	4 finishes - W, P, W
	beat defender, attack front of rim, 2 hands to ball, reach out finish	
10	Extension Finish	4 finishes - W, P, W
	beat defender, attack front of rim, power pocket, protect with off hand	
11	Tuck Lay-Up	4 finishes - W, P, W
	beat defender, attack front rim, tuck ball, finish	
12	Runner	4 finishes - W, P, W
	beat defender, pick spot just outside vb line, jump up - not out	
13	Floater	4 finishes - W, P, W
	beat defender, eyes down hill, off 2 feet, pick spot	
	<b>Shooting Drills</b>	
14	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	
15	Baseball Shooting	
	9 spots - miss = Out, swish = HR, make = Hit	Runs
	Score as many runs as possible before getting 3 outs from each spot	