***Philo Basketball***

***Perimeter Workouts***

***Iverson - 45 min***

5 Spots

**Catch and Shoot**

**Corne**r 15 ft Catch and Shoot (5)

**Wing** 15 ft Catch and Shoot (5)

**Top** 15 ft Catch and Shoot (5)

**Wing** 15 ft Catch and Shoot (5)

**Corner** 15 ft Catch and Shoot (5)

**Catch at 3pt line**

**Corner** 1-2 dribble snatchback pullup Right (5)

**Wing** 1-2 dribble snatchback pullup Right (5)

**Top** 1-2 dribble snatchback pullup Right (5)

**Wing** 1-2 dribble snatchback pullup Right (5)

**Corner** 1-2 dribble snatchback pullup Right (5)

**Catch at 3pt line**

**Corner** 1-2 dribble snatchback pullup Left (5)

**Wing** 1-2 dribble snatchback pullup Left (5)

**Top** 1-2 dribble snatchback pullup Left (5)

**Wing** 1-2 dribble snatchback pullup Left (5)

**Corner** 1-2 dribble snatchback pullup Left (5)

**3’s Catch and Shoot**

**Corner** -(5)

**Wing** -(5)

**Top** -(5)

**Wing** -(5)

**Corner** -(5)

10 made FT’s