***Philo Basketball***

***Perimeter Workouts***

***Kobe Pull-Up***

***Form Shooting 20 makes***

***Right corner -***

*Catch and shoot 15 feet (5)*

*One Dribble right pull up 15 -18 feet (5)*

*One Dribble Left Pull up 15 -18 feet (5)*

*Catch and shoot 3’s (5)*

***Right Wing***

*Catch and shoot 15 feet (5)*

*One Dribble right pull up 15 -18 feet (5)*

*One Dribble Left Pull up 15 -18 feet (5)*

*Catch and shoot 3’s (5)*

***Top***

*Catch and shoot 15 feet (5)*

*One Dribble right pull up 15 -18 feet (5)*

*One Dribble Left Pull up 15 -18 feet (5)*

*Catch and shoot 3’s (5)*

***Left Wing***

*Catch and shoot 15 feet (5)*

*One Dribble right pull up 15 -18 feet (5)*

*One Dribble Left Pull up 15 -18 feet (5)*

*Catch and shoot 3’s (5)*

***Left Corner***

*Catch and shoot 15 feet (5)*

*One Dribble right pull up 15 -18 feet (5)*

*One Dribble Left Pull up 15 -18 feet (5)*

*Catch and shoot 3’s (5)*

***50 Free Throws***