

	Shooting Warm-Up	
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
	Mid-Range Moves	
7	Bump Off	4 finishes - W, P, W
	step into with inside foot, bump, outside step, cross-over step, shot	
8	Step Back	4 finishes - W, P, W
	short jab into with inside foot, big hop away from D	
9	Inside Out Jump Shot	4 finishes - W, P, W
	attacking defender, inside out to immediate pull up	
10	Fake Step Back	4 finishes - W, P, W
	short jab into with inside foot, big hop away from D, eye rim, blow by	
11	Inside Out Hop Back	4 finishes - W, P, W
	attacking defender, slow down, inside out jab & square, hop back to shot	
12	Immediate Behind the Back Stop	4 finishes - W, P, W
	attacking defender down hill, behind back pop, hop back	
13	Reverse Behind the Back Pullback	4 finishes - W, P, W
	attacking defender down hill, behind back pop, hop back	
	Shooting Drills	
14	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
15	37 Point Thriller	Score
	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)	