

	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
	Shooting Challenges	
7	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	
8	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)	
9	5 Spot One Dribble Shooting	Goal > 28 makes
	30 sec at each spot alternating 1 dribble L, 1 dribble R	
10	20 Makes 3 Level Shooting	Time
	Make 5 C/S 3pt shots, make 5 1 dribble pulls in EACH direction	
	Make 5 finishes at the rim, then move to the next spot	
11	18 Closeout Combo	Time
	C/S 3pt shots until 3 makes, make 3 1 dribble pulls EACH way,	
	Make 3 finishes at rim EACH way, make 3 C/S 3pt shots to finish	
	Sliding around perimeter - no spots	
12	Five Spot Combo Shooting	Time
	5 spots - make 5 in a row before moving to next spot	
	2 C/S, 1 Rt Pull, 1 Lft Pull, 1 C/S	
13	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
14	Timed Arc Shooting	4 Min
	C/S shots at particular range while sliding around perimeter	Goal > 44