***Philo Basketball***

***Perimeter Workouts***

***- 45 min***

***Tatum Shooting***

***\*\*\*Reps can be of 3, 5, or 10 at each move.***

**Form Shooting**

20 - 30 Reps

**Corner**

*Catch and Shoot*

*Left, Cross, Between,*

*Right, Cross, Between*

*Left, Cross, Behind*

*Right, Cross, Behind*

*Catch and Shoot 3’s*

**Wing**

*Catch and Shoot*

*Left, Cross, Between,*

*Right, Cross, Between*

*Left, Cross, Behind*

*Right, Cross, Behind*

*Catch and Shoot 3’s*

**Top**

*Catch and Shoot*

*Left, Cross, Between,*

*Right, Cross, Between*

*Left, Cross, Behind*

*Right, Cross, Behind*

*Catch and Shoot 3’s*

**Wing**

*Catch and Shoot*

*Left, Cross, Between,*

*Right, Cross, Between*

*Left, Cross, Behind*

*Right, Cross, Behind*

*Catch and Shoot 3’s*

**Corner**

*Catch and Shoot*

*Left, Cross, Between,*

*Right, Cross, Between*

*Left, Cross, Behind*

*Right, Cross, Behind*

*Catch and Shoot 3’s*