

	<b>Shooting Warm-Up</b>	
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
	<b>Pindown Reads</b>	
7	Tight Curl (Tight Pindown)	5 finishes - W, W
	start under rim tight curl to the elbow for jumper	
8	Tight Curl, Shot Fake, then Shoot (Tight Pindown)	5 finishes - W, W
	start under rim, tight curl to elbow, shot fake, shot	
9	Tight Curl, 1 Dribble Finish at Rim (Tight Pindown)	5 finishes - W, W
	start under rim, tight curl to elbow, rip to rim & finish	
10	Tight Curl, 1 Dribble Jump Shot	5 finishes - W, W
	start under rim, tight curl to elbow, 1 dribble to open spot, shot	
11	Tight Curl, Step Back Jump Shot	5 finishes - W, W
	start under rim, tight curl to elbow, dribble jab to rim, step back away	
12	Tight Pindown Series 1	2 min each side
	alternate between above reads (7-11)	Goal > 12 makes
13	Tight Curl, Shot Fake, Rip-Through to 1 Dribble Pull-up	5 finishes - W, W
	start under rim, tight curl to elbow, rip through, to 1 dribble pull-up	
14	Tight Curl, Shot Fake, Rip-Through Into Step Back	5 finishes - W, W
	start under rim, tight curl to elbow, rip through to step back	
15	Tight Curl, Jordan Pivot	5 finishes - W, W
	start under rim, tight curl to elbow, leg whip to jump shot	
16	Tight Pindown Series 2	2 min each side
	alternate between above reads (13-15)	Goal > 12 makes