

	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
	Triple Threat Footwork	
7	Box Drills - block to elbow	6 finishes - both elbows
	1 - Inside reverse pivot, sweep, finish	
	2 - Inside reverse pivot, sweep, jab, finish	
	3 - Outside reverse pivot, sweep, finish	
	4 - Outside reverse pivot, sweep, finish	
	5 - Inside front pivot, sweep, finish	
	6 - Outside front pivot, sweep, finish	
8	Circle Sweep	4 finishes - W, P, W
	Rip, duck, knee to knee	
9	Over Top Rip	4 finishes - W, P, W
	Rip, shoulder to shoulder	
10	Jab, Rip Thru, Attack	4 finishes - W, P, W
	Jab outside ankle - ball knee to knee	
11	Rocker Step	4 finishes - W, P, W
	Jab, shift weight back, and go	
12	Knee-Knee-Chest	4 finishes - W, P, W
	Jab, knee, knee, chest	
13	Jab Crossover	4 finishes - W, P, W
	Jab, knee, pop, cross	
	Shooting Drills	
14	Seven Spot Four Streak	Goal < 6 min
	1. Spot up jumpers from 7 spots - 4 makes in a row to move to next spot	
	2. Make 7 shots in a row - 1 from each of the 7 spots	
15	Five Spot Combo Shooting	Goal < 4 min
	Make 5 shots in a row before moving to next spot	
	2 C/S, 1 Dribble Rt, 1 Dribble Lft, 1 C/S 3pt	