Summer Shooting Weeks 1-5
Complete Twice per Week

Shot	Take	1	2	3	4	5	6	7	8	9	10
Record Date Set was Completed											
L Mikans	25										
R Mikans	25										
L Reverse Mikans	25										
R Reverse Mikans	25										
L Layups with head fake/rip through start	25										
R Layups with head fake/rip through start	25										
L Power Layups with Head Fake Finish	25										
R Power Layups with Head Fake Finish	25										
L Drop Steps from Above the Block	25										
R Drop Steps from Above the Block	25										
L Block Jumpshots	10										
R Block Jumpshots	10										
L Dribble Entry Pullup Jumpshot Mid-Lane	10										
R Dribble Entry Pullup Jumpshot Mid-Lane	10										
L Elbow Jumpshot	10										
R Elbow Jumpshot	10										
L Corner Threes	10										
L Wing Threes	10										
Top Threes	10										
R Wing Threes	10										
R Corner Threes	10										
Utah/"32" (two minutes)	Two Min.										
Free Throws	100										
Speed Dribble Alternating Hands	Five Min.										
Jump Rope	Five Min.										
Stretch	Ten Min.										