



Step 1 - Points/Wings

1. Start at the top of the circle (2 steps back). Take two hard dribbles with the left hand to the left elbow for the shot.

GOAL: Make four consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

2. Shoot free throws.

GOAL: Make seven consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

3. On pass, (either throw yourself a pass or receive a pass from a partner) shoot the 3 point shot from the right wing.

GOAL: Make three consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

4. Start at the right wing, take two dribbles with the right hand and shoot a 15 foot shot from the baseline.

GOAL: Make four consecutive

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____