



Step 1 - Posts

1. Start on the left block. Off a pass (either throw yourself a pass or get a partner), make a drop step, dribble, and power lay-up.

GOAL: Make ten 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. Start halfway up the lane between the block and the free throw line. Off a pass, shoot a turn-around jumper, turning toward the middle.

GOAL: Make six consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

4. Start 15 feet from the basket on the right baseline. Off a pass, shoot jumpers.

GOAL: Make four consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____