



Step 2 - Posts

1. Start on the right block. Off a pass, 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 eight consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

3. Start halfway up the lane on the right side. Off a pass, shoot turn-around jumpers, 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 left baseline. Off a pass, shoot jumpers.

GOAL: Make four consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____