



Step 3 - 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 six 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. Shoot the 3 point shot off the right hand dribble from anywhere behind the arc. Use at least two hard dribbles.

GOAL: Make five consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

4. Start on the left wing, use two right hand dribbles to the left elbow for the shot.

GOAL: Make six consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____