



Step 3 - Posts

1. Start halfway up the lane on the left side. Off a pass, make an inside pivot and step through using, at least, 2 dribbles to the power lay-up.

GOAL: Make ten consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

2. Start at the right elbow. Off a pass, shoot jumpers.

GOAL: Make seven consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

3. Shoot free throws.

GOAL: Make nine consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

4. Start half way up the free throw lane on the right side. Off a pass, make a quick drive using only one left hand dribble. Take the ball to the opposite side for the left hand shot.

GOAL: Make five consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____