



Step 4 - Posts

1. Start at the left elbow. Off a pass, shoot jumpers.

GOAL: Make eight consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

2. Shoot free throws.

GOAL: Make ten consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

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

GOAL: Make eight consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

4. From 15 feet on either baseline, off a pass, shoot jumpers.

GOAL: Make six consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____