



Step 5 - Points/Wings

1. Shoot free throws.

Make ten consecutively.

Day one: _____

Day two: _____

Day three: _____

2. Off a pass, shoot from either elbow.

Make ten consecutively.

Day one: _____

Day two: _____

Day three: _____

3. Off a pass, shoot 3 point shots from anywhere behind the arc.

Make seven consecutively.

Day one: _____

Day two: _____

Day three: _____

4. Start from the wing. Make a jab step toward the baseline and dribble hard to the elbow for the shot. You must change sides each time. If you are a point, start above the circle and go to both elbows after the jab step.

Make six consecutively.

Day one: _____

Day two: _____

Day three: _____

5. Start near center court make two or three hard dribbles, then cross-over for one or two more dribbles. Take the shot in the circle behind the free throw line. The cross-over may be in front, through the legs, or behind the back.

Make seven consecutively.

Day one: _____

Day two: _____

Day three: _____