



You have to *believe* to
ACHIEVE



<https://shotmechanics.com/7-day-shooting-hq/>

Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Take 10 Each of 5 Moves ; Repeat twice for 100 Total Shots Per Day						
One Dribble Pull Up Two Dribble Pull Back Hop Catch and Shoot 1-2 Catch and Shoot Lateral Hezi Pull	Lateral Cross In and Out Jab & Pull Pump & Jab Pull Back	Between Legs Spin Move Pump and Pull Pass Fake Pull Back & Push Out	One Dribble Pull Up Lateral Cross Hop Catch & Shoot Jab & Pull Loop Around	Two Dribble Pull Back In and Out 1-2 Catch and Shoot Pump & Jab BTL - BTB Combos	One Dribble Pull Up Between Legs Hop Catch & Shoot Pump & Pull In and Out - BTL Combo	Two Dribble Pull Back Lateral Cross 1-2 Catch and Shoot Jab and Pull Lateral Hezi Pull