Part 7: Taking it Serious Shot Chart

(All shots can be taken from one location or you can move to different spots after each type)

For 1-10

*Shoot 5-10 shots for each # (30 min or 1 hour workout) and only focus on the specific step for those shots

*Check it after each shot

For 11-20 (these are from part 3: building footwork)

*Shoot 5-10 shots for each # (30 min or 1 hour workout)

*Check your feet after the shot

*Put Date and # of Makes for Each Focus Area

		 	 	 	Daic	απα π	OI IVIC	IVE2 IC	<u> </u>	11 1 00	u3 / 110	<u>.u</u>		
Fo	cus and/or Footwork													
1.	Frame the goal, hold your follow-through until the ball hits the rim, wrist broken, both arms extended													
2.	Shooting fingers point down into the goal (shot oline), shooting fingertips above white square (arc)													
3.	Your guide-hand fingers & thumb point to the celing; frame the side of the goal, don't drop the arm													
4.	See the rim (with both eyes) between your arms as soon as the ball passes above your eye level													1
5.	Set your shooting wrist as y ou set the ball in the shot pocket; do dipping, just up and out													
6.	Time the break of your shooting wrist with your feet coming off of the ground													1
7.	Check your feet before and after you shoot, both feet square under your shoulders, pointing to the goal													
8.	Let your elbows hang straight down, perpendicular to the floor; don't let them fly out or in													
9.	Focus on the shot-line-bulls-eye; use the loops; do not watch the ball in flight													
10	Relax from the waist up and put it all together; good coordination results in effortless shooting													

11. Face the goal, spin yourself a pass, step & jump off left foot, catch your pass on two feet & shoot									
12. Face the goal, spin yourself a pass, step & jump off right foot, catch your pass on two feet & shoot									
13. Point your left shoulder at goal, spin yourself a pass, step & jump off left foot, get square in the air & shoot									
14. Point your right shoulder at goal, spin yourself a pass, step & jump off left foot, get square in the air & shoot									
15. Step back with your right foot, step up square and shoot									
16. Step back with your left foot, step up square and shoot									
17. Step back with your right foot,one right hand dribble, (timed with your foot), then step up and shoot									
18. Step back with your left foot, one left hand dribble, (timed with your foot), step up and shoot									
19. Point your left shoulder at the goal, step left foot and dribble right hand together, pivot-square-up & shoot									
20. Point your right shoulder at the goal, step right foot & dribble left hand together, pivot-square-up & shoot									