

Shot Series - 100 shots each

Series to 100 shots - warm up/round 1

- Form Shooting One Hand - 3 feet out = 10 shots
- Form Shooting One Hand - 5 feet out = 10 shots
- Form Shooting Two Hands - 3 feet out = 10 shots
- Form Shooting Two Hands - 5 feet out = 10 shots
- Right Hand Lay-ups = 10 shots
- Left Hand Lay-ups = 10 shots
- Right Block Shots = 10 shots
- Left Block Shots = 10 shots
- Right Baseline - 3 feet out = 10 shots
- Left Baseline - 3 feet out = 10 shots

Series to 100 shots - round 2

- Right Hand Lay-ups = 10 shots
- Left Hand Lay-ups = 10 shots
- Right Block Shots = 10 shots
- Left Block Shots = 10 shots
- Right Baseline - 5 feet out = 10 shots
- Left Baseline - 5 feet out = 10 shots
- Right Elbow - just inside it = 10 shots
- Left Elbow - just inside it = 10 shots
- Free Throws = 20 shots

Series to 100 shots - round 3 (shots w/movements)

- Continuous Block to Block shots = 25 shots
- Free Throws (practice for once your heart rate is up) = 5 shots
- Continuous Baseline to Baseline shots = 25 shots
- Free Throws (practice for once your heart rate is up) = 10 shots
- Continuous Elbow to Elbow shots = 25 shots
- Free Throws (practice for once your heart rate is up) = 10 shots

Series to 100 shots - round 4 (shots w/moves)

- Right Elbow - triple threat, shot fake, 1 dribble right lay-up = 10 shots
- Left Elbow - triple threat, shot fake, 1 dribble left lay-up = 10 shots
- Right Elbow - triple threat, shot fake, 1 dribble, spin w/dribble, left layup = 10 shots
- Left Elbow - triple threat, shot fake, 1 dribble, spin w/dribble, right layup = 10 shots
- Right Wing - triple threat, shot fake, 1 dribble with separation = 10 shots
- Right Wing - triple threat, shot fake, 1 dribble (other way) with separation = 10 shots
- Left Wing - triple threat, shot fake, 1 dribble with separation = 10 shots
- Left Wing - triple threat, shot fake, 1 dribble (other way) with separation = 10 shots
- Right Baseline - triple threat, shot fake, go baseline for a reverse layup = 10 shots
- Left Baseline - triple threat, shot fake, go baseline for a reverse layup = 10 shots