Player Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. One Hand Shooting Drill \_\_\_\_ /10
2. Mikin \_\_\_\_\_ /10
3. X Out Lay-ups \_\_\_\_/10
4. FT’s \_\_\_\_ /10
5. Block to Block - Turn And Shoot \_\_\_\_ /10
6. Block to Block - Drop Steps Middle(Power Hook) \_\_\_\_ /10
7. Block to Block - Drop Steps Baseline \_\_\_\_ /10
8. Block to Block - Up and Under. Turn Middle \_\_\_\_ /10
9. Block to Block - Up and Under. Turn Baseline \_\_\_\_ /10
10. FT’s \_\_\_\_ /10
11. Right Corner 2’s (15 ft) \_\_\_\_ /10
12. Right Wing 2’s (15 ft)\_\_\_\_ /10
13. Top Of Key 2’s (15 ft)\_\_\_\_ /10
14. Left wing 2’s (15 ft)\_\_\_\_ /10
15. Left Corner 2’s (15 ft) \_\_\_\_ /10
16. FT’s \_\_\_\_ /10
17. Right Corner 3’s \_\_\_\_ /10
18. Right Wing 3’s \_\_\_\_ /10
19. Top Of Key 3’s \_\_\_\_ /10
20. Left Wing 3’s \_\_\_\_ /10
21. Left Corner 3’s \_\_\_\_ /10
22. FT’s \_\_\_\_ /10
23. Right Wing Two Dribble Pull Ups (Alternate right and left). \_\_\_\_ /10
24. Top of Key Two Dribble Pull-Ups (Alternate right and left). \_\_\_\_ /10
25. Left Wing Two Dribble Pull-Ups (Alternate right and left). \_\_\_\_ /10
26. FT’s \_\_\_\_ /10
27. Right wing finish at the rim (Alternate right and left).\_\_\_\_\_ /10
28. Top of Key finish at the rim (Alternate right and left). \_\_\_\_\_ /10
29. Left wing finish at the rim (Alternate right and left). \_\_\_\_\_ /10
30. FT’s\_\_\_ /10

**Game**: 3 Minutes 2 in a Row 3’s (Could Be 2’s) – 5 Spots. How many spots can you make it to in two minutes. Must make 2 in a row to move.

Totals: \_\_\_\_ /300