FREE THROWS

	FIRST 10	PERFRECT	NO LOOK	+/- LIST	SCORE BOARD	IN A ROW	2 & 3	GAME WINNER	TOTAL MADE
SHOTS	10	5	6	SCORE	10		10		
DATE									

100 2'S

SHOTS	1	2	3	4	5	TOTAL
DATE						

100 3'S

SHOTS	6	7	8	9	10	TOTAL
DATE						

ON THE MOVE

	RHTYMN	SQUARE UP	JJ REDICK	MARK PRICE	DRIBBLE	CROSSOVER	
SHOTS	SHOOTING				SQUARE UPS	DRILLS	TOTAL
DATE	20	20	10	10	20	10	

POST SHOTS

	MIKAN	REVERSE	PUT BACK	PUT BACK	DROP STEP	DROP STEP	ELBOW	
	DRILL	MIKAN	RIGHT	LEFT	RIGHT	LEFT		
SHOTS	10	10	10	10	10	10	10	TOTAL
DATE								