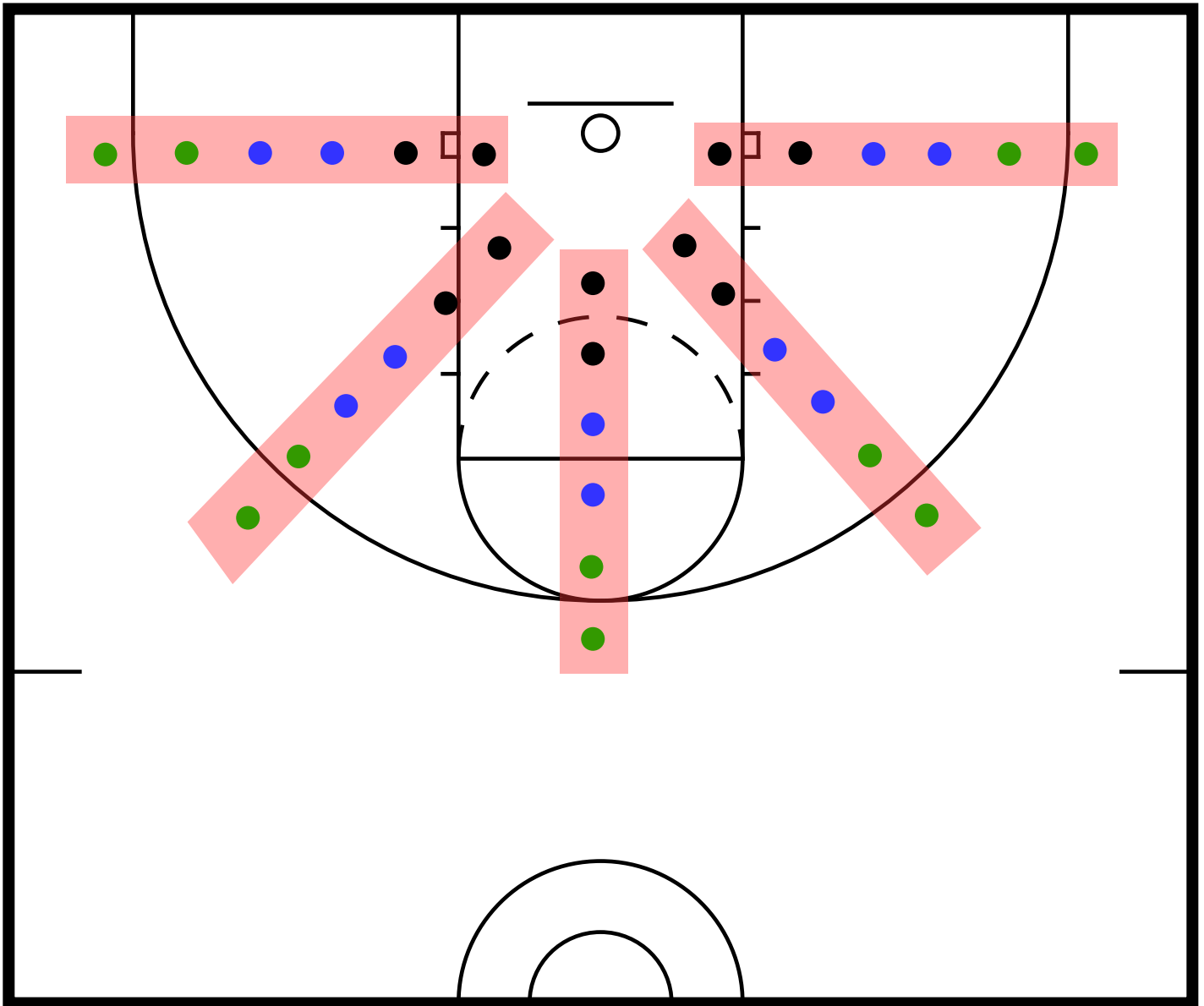


Better Players

Form Shooting Shooting Drills



Form Shooting

Black - No guide hand

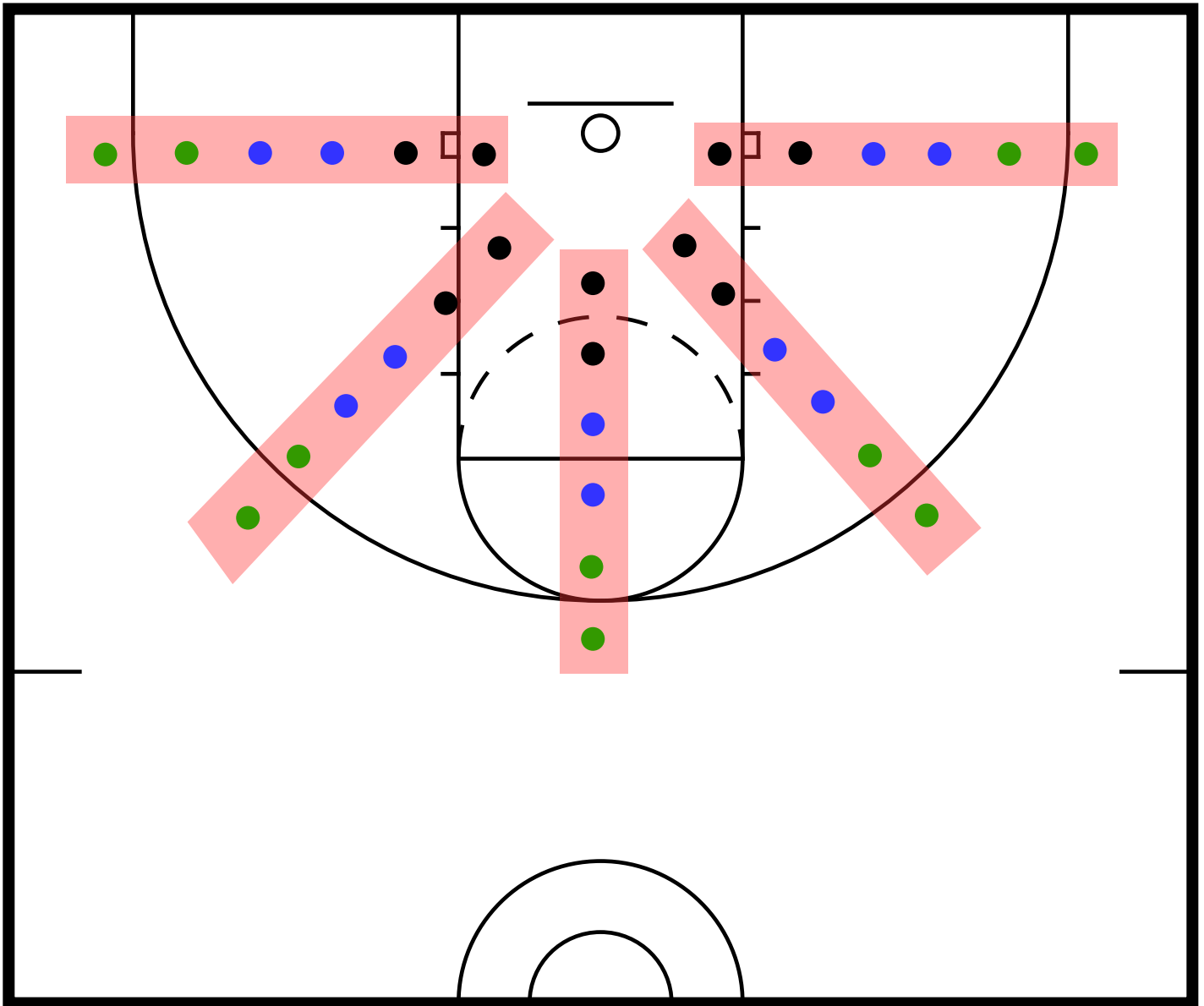
Blue - Add guide hand and knee bend to toes (flow shooting)

Green- Jump shot

MAKES PER SPOT- Black 25, Blue 20, Green 10

Better Players

Ball Pickups
Shooting Drills



Ball Pickups

Black- Strong hand/ Weak hand pound pickup (ball transfer)

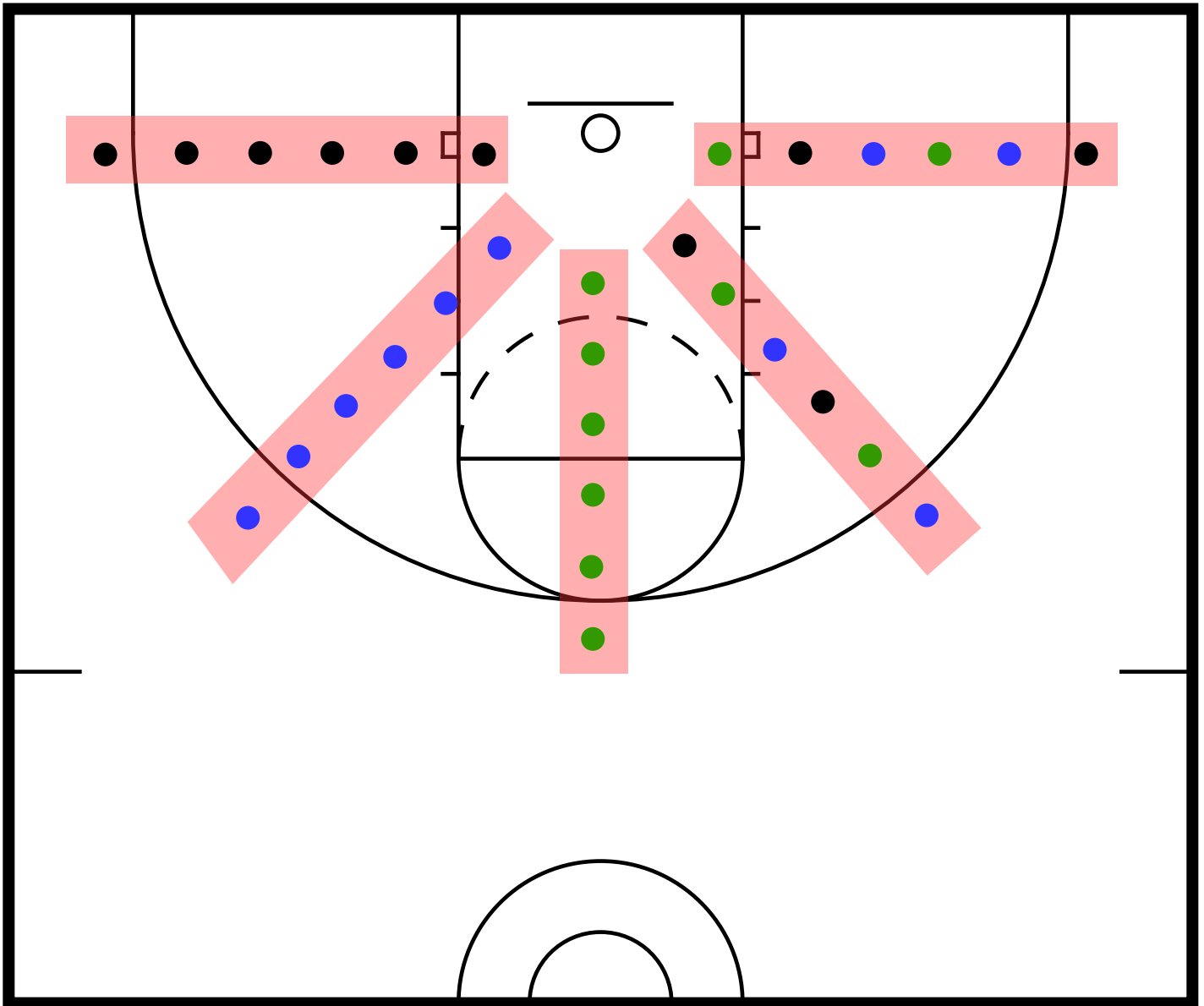
Blue - Single Move

Green- Double Move

MAKES PER SPOT- Black 25, Blue 20, Green 10

Better Players

Shooting Buildup Shooting Drills



Form Shooting

Black - Catch left right shot

Blue - catch right left

Green- Catch on the hop

MAKES PER SPOT- Black 5, Blue 5, Green 5