



SHOOTING DRILLS

#	MAKES	ATTEMPTS	DRILL
1		OF 25	CATCH & SHOOT (5 SPOTS)
2		OF 25	CATCH & SHOOT (5 SPOTS)
3		OF 5	DRIVE & DRIFT (RIGHT SIDE)
4		OF 5	DRIVE & DRIFT (LEFT SIDE)
5		OF 5	PIN DOWN (RIGHT SIDE)
6		OF 5	PIN DOWN (LEFT SIDE)
7		OF 5	BALL-SCREEN (RIGHT SIDE)
8		OF 5	BALL-SCREEN (LEFT SIDE)
9		OF 5	TRANSITION 3 (RIGHT HAND)
10		OF 5	TRANSITION 3 (LEFT HAND)
11		OF 5	JAB (RIGHT)
12		OF 5	JAB (LEFT)
13		OF 5	FINISHING DRILL OR FT
TOTAL:		OF 105	