

## **7<sup>th</sup> Grade Girls**

1,000 Lay ups from the right side

250 Scoop lay ups from the right side.

250 Reverse lay ups from the right side

1,000 Lay ups from the left side

250 Scoop lay ups from the left side.

250 Reverse lay ups from the left side

1,000 Lay ups from down the middle of the free throw lane

250 Scoop lay ups from down the middle of the free throw lane.

250 Floaters from down the middle of the free throw lane.

1,500 Free throws

1,000 One handed form shooting shots 10 feet from the basket.

500 Bank shots from the right side of the hoop roughly 10 feet from the basket

500 Bank shots from the left side of the hoop roughly 10 feet from the basket

1,000 Three pointers

1,000 Shots of your choice