



Sample workout to get 100 shots in!

- **20 bunnies or bank shots – Make 10 from each side**
- **20 layups – Make 10 from each side**
- **10 midrange shots – work around the basket**
- **10 Free throws**
- **10 baskets off the dribble**
 - **Catch, Fake, 2 dribbles alternate right and left**
- **10 Makes form Shooting: One Hand – (start 3 feet out and increase to 5 feet then 7 feet)**
- **20 shots your choice – (try some 3 pointers, Mikan drill, free throws, etc)**