

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

1,500 Lay ups from the right side

1,500 Lay ups from the left side

1,500 Lay ups from down the middle of the free throw lane

1,500 Free throws (move up to 12 feet if needed)

1,000 One handed form shooting shots 4 feet from the basket.

500 Bank shots from the right side of the hoop roughly 6 feet from the basket

500 Bank shots from the left side of the hoop roughly 6 feet from the basket

2,000 Shots of your choice