

BASKETBALL WORLD™

SHOOT IT BETTER Mini Camp

Shooting Lead-up Drills Daily Chart

Name _____ Day _____ Date ____ / ____ / ____

Drill	Set	1	2	3	4	5	6	7	8	9	10	Total
Strong-Hand Warm-Up												
Weak-Hand Warm-Up												
Three Finger Drill												
Jump Shot Warm-Up												
Front of Board												
Side of Board												
Point of Board												
Chair Drill												
Left Elbow J off Catch												
Right Elbow J off Catch												
Left Side Bank J												
Right Side Bank J												
Left Elbow Shot Fake J												
Right Elbow Shot Fake J												
Free Throw												
Mental Practice												

Make Your Shot Automatic!

Select 10 Drills. Record Shots Made Out of 10 Attempts for Each Drill. Complete 10 Rounds.

Record Total Shots Made Out of 100 Shots for Each Drill.

Add Totals Shots Made for Each Drill for Total Shots Made Out of 1000 Shots.

The Goal is to Complete 1000 Shots in One Hour. You May Add or Replace Drills.