

BASKETBALL WORLD™

SHOOT IT BETTER Mini Camp

Shooting Lead-up Drills Monthly Chart

Name _____

Month _____

Year _____

Drill	Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total				
Strong Hand Warm-up																																					
Weak Hand Warm-up																																					
Three Finger Warm-up																																					
Jump Shot Warm-up																																					
Front of Board																																					
Side of Board																																					
Point of Board																																					
Chair Drill																																					
Left Elbow J off Catch																																					
Rt. Elbow J off Catch																																					
Left Side Bank J																																					
Rt. Side Bank J																																					
Left Elbow Shot Fake J																																					
Rt. Elbow Shot Fake J																																					
Free Throw																																					
Mental Practice																																					
Total																																					

Make Your Shot Automatic!

Select 10 Drills. You May Add or Replace Drills. 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.

www.basketballworld.com 888-812-5452 or 860-668-7162