





IDW #12

SHOTS!!!




Everyone:

Make 200 shots before Monday! Count makes!!! Get feet active stepping into each shot...Rebounders work and make it as game like as possible...to make it more realistic, take steps left and come into shot, take steps right and then into shots (fill up type action)





Posts...

-  Make 35 short corner shots, right and left sides (70 makes)
-  Make 35 elbow jumpers (70 makes)
-  Make 30 pick and pop action shots... (60 makes)
-  Shoot 200 FT's

Perimeter...

-  Make 25 corner, wing, top, corner, wing, corner (150 makes)
-  Make 25 attack middle off of Side PNR...attack elbow or short corner...1 dribble pull ups (50 makes)
-  Shoot 200 FT's

Point gds...

-  Make 20 corner, wing, top, corner, wing, corner (120 makes)
-  Make 20 shots off of mid PNR actions... 20 shots going to right and 20 shots going left (40 makes)
-  Make 20 attack middle off of Side PNR...attack elbow or short corner...1 dribble pull ups (40 makes)
-  Shoot 200 FT's