

# “Get 50!”

(Required to Complete before any other shooting)

<i><b># of made baskets</b></i>	<i><b>Title of Shot</b></i>	<i><b>Description</b></i>
<b>10</b>	<b>“Set Lifts”</b>	<b>Knees/hips bent, ball on hand, lift, follow through, from 5 feet.</b>
<b>10</b>	<b>“Mikan”</b>	<b>From under the basket, make a layup with the right hand, rebound the ball under the net with the left hand and make a layup with the left hand. Rebound with the right hand and layup with the right hand. Continue to repeat this, alternating hands.</b>
<b>10</b>	<b>“Reverse Mikan”</b>	<b>Same as above, but reverse style lay ups.</b>
<b>10</b>	<b>“Bradley”</b>	<b>Keep ball high and above the elbow; jumping along</b>
<b>10</b>	<b>“1-2 Step”</b>	<b>From the top of the key, going to the right-step Left then Right, lift and follow through. From the top of the key, going to the left-step Right then Left, lift and follow through.</b>

*Completing the “Get 50” every single day of an open gym, practice, and shoot around guarantees each player will get the form and technique perfect. Done over and over and over and over, over a course of the off-season and in-season.*