

Individual Basketball Routine

Around the hoop: Mikan Lefty-Righties, Reverse Mikan Lefty-Righties (Make 20)

One Hand Shooting: Focus on Form, Alignment, Follow Through (Make 10)

12 Foot Swishes: Add your guide hand to your shot (Make 10)

Free Throws: 3 in a row

Shoot off the Pass: Spin the ball and square up (Make 15)

Free Throws: 3 in a row

Shoot off the Dribble: 2 hard dribbles and square up-move 15ft. (Make 15)

Free Throws: 3 in a row

Shot Fake-one dribble and shoot: Slow fake-quick move-hip-eye-hip (Make 15)

Free Throws: 3 in a row

3 Point Shooting: Power from your legs-shoot on your way up (Make 20)

Free Throws: 3 in a row

Combinations: Change direction with your dribble, pull up and shoot (Make 15)

Free Throws: 3 in a row

Game Shots from Game Spots going Game Speed

Tough Competitor*Good Teammate