

## South Redwings Shooting Routine

Around the hoop: Mikan High Jump Lay-ups (Make 15)

One hand shooting: "South" Shooting Form (Make 10)

5 Foot Swishes: Add your balance hand (Make 10)  
Shoot 2 FT's

Shoot off the pass: Spin the ball and square up (Make 5)  
Shoot 2 FT's

Shoot off the dribble: Spin the ball and square up (Make 5)  
Shoot 2 FT's

Shot Fake one dribble and shoot: hip-chin-hip (Make 5)  
Shoot 2 FT's

Wing Drives: Rip, 2 dribbles, bully finish (Make 5)  
Shoot 2 FT's

Post Move: Drop Step baseline, high jump (Make 5)  
Shoot 2 FT's

Combinations: Start well behind the 3pt. line and change direction with your dribble, pull up and shoot (Make 5)  
Shoot 8 FT's

Game Shots from Game Spots going Game Speed

**Tough Competitor \* Good Teammate**

# S-hot Ready

# O-rder

# U-plift

# T-humbs

# H-old Follow Through

Feet: hips apart, slightly staggered stance

Shoulder Alignment: ball above your shoulder

Elbow: Elbow under the ball

Grip: Lightly pinch your thumb and pinky

Balance Hand: Thumbs form a 'T'

Chin and Head: Still and relaxed

Follow Through: Elbow to eyebrow

A **GOOD** shooter can:

Make a team, Earn more minutes, Become a Starter, Score more points, Develop an elite skill set