Sample Workouts

<u>200 Shot Workout</u>

20 Form Shots
20 Layups - 10 RH & 10LH
20 Free throws
20 Block to block, RH & LH
20 Right wing
20 Left wing
20 Right elbow
20 Left elbow
20 Right baseline, 10 ft
20 Left baseline, 10 ft

<u>110 Shot Workout</u>

10 Form Shots
10 Layups - 5 RH & 5 LH
10 Free Throws
10 Block to Block, RH & LH
10 Right wing
10 Left wing
10 Right elbow
10 Left elbow
10 Right baseline, 10 ft
10 Left baseline, 10 ft
10 Top of the Key 3 point line (If capable)