



RAIDER SHOOTING ROUTINE

GAME SHOTS, GAME SPEED



Do first thing when you come in the gym:

Lefty - Righty: Make 20

One Hand Shooting: Make 15 shots from 5-10 feet

5 Foot Bank Shots: Make 10 bank shots alternating sides
Make 2 free throws

Alternate Shots with Partner – First to Make 10:

Elbow Shots: Make 10 elbow shots - each elbow
Make 2 free throws

Square Up Off The Pass: First to Make 10 shots (loser sprint)
Make 2 free throws

Square Up Off The Dribble: First to Make 10 shots
Make 2 free throws

Shot Fake (hip-eye-hip): First to Make 10 shots
Make 2 free throws

Shoot off the pass, dribble, shot fake: First to Make 10 shots
* Vary the shot
Make 2 free throws
Play again
Make 2 free throws

3 point shots: First to Make 10 three point shots
Make 2 free throws
Play again
Make 2 free throws