CLC TIGER BOYS BASKETBALL

TENACITY. INTEGRITY. GANAS. EXECUTION. RESPECT. SOLIDARITY

Seven-Spot Mid-Range Catch and Shoot (all shots between 10-15 feet)
Shoot 7 shots from each of the 7 spots (short corners, wings, elbows, free point line)
Go around and back-shoot a total of 98 shots, then finish by shooting 1 game speed layup from each wing (100 shots)

All shots should be game speed and in the <u>10-15 foot range</u> until the last two.

Spot	LSC	LW	LE	Mid	RE	RW	RSC	RSC	RW	RE	Mid	LE	LW	LSC	LYP
Makes															
Attempts	7	7	7	7	7	7	7	7	7	7	7	7	7	7	2

Shoot 25 Free Points

FTM	FTA
	25

Print Name	Date	Free Throw Totals		Shooting Totals	
		Makes	Attempts	Makes	Attempts
			25		100

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Mid-Range Shots off the Dribble (all shots between 8-12 feet):

1. Simulate shooting off the break
2. Use Dribble moves into the shot.
3. 5 sets of 5 shots at a time with 5 free points between sets.
4. Repeat 3 times

All shots should be game speed and in the 8-12 foot range.

Set	1	FT	2	FT	3	FT	4	FT	5	FT
Makes										
Attempts	5	5	5	5	5	5	5	5	5	5

Set	6	FT	7	FT	8	FT	9	FT	10	FT
Makes										
Attempts	5	5	5	5	5	5	5	5	5	5

Set	11	FT	12	FT	13	FT	14	FT	15	FT
Makes										
Attempts	5	5	5	5	5	5	5	5	5	5

Shoot 25 Free Points

FTM	FTA
	25

Print Name	Date	Free Throw Totals		Shooting Totals	
		Makes	Attempts	Makes	Attempts
			100		75

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Mid-Range Shots using shot and pass fakes (all shots between 8-12 feet)

1. Shot fake to shot
2. Shot fake, dribble to shot.
3. Pass fake to shot
4. 5 sets of 3 shots at a time with 3 free points in between.
5. Repeat 3 times

All shots should be game speed and in the 8-12 foot range.

Set	1	FT	2	FT	3	FT	4	FT	5	FT
Makes										
Attempts	3	3	3	3	3	3	3	3	3	3

Set	6	FT	7	FT	8	FT	9	FT	10	FT
Makes										
Attempts	3	3	3	3	3	3	3	3	3	3

Set	11	FT	12	FT	13	FT	14	FT	15	FT
Makes										
Attempts	3	3	3	3	3	3	3	3	3	3

Shoot 10 Free Points

FTM	FTA
	10

Print Name	Date	Free Throw Totals		Shooting Totals	
		Makes	Attempts	Makes	Attempts
			55		45

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Inside Game

1. **Mikans – Make 20 in a row**

2. **Shoot 10 Free Points**

FTM	FTA
	10

Back to the Basket Moves

- Shoot five shots off of each move
- First start on the right side, and after all the moves are completed move to the left side.
- Always have a strong base in the post- establish position- gather yourself and feel the defender.

<u>Shots</u>

- Catch the ball- feel the defender- R-hand jump hook no drop step
- Catch the ball- feel the defender- L-hand jump hook to middle w/ drop step
- Catch the ball- feel the defender- power dribble layup (shoulders square)
- Catch the ball- feel the defender - turn and face- shoot the jump shot
- Catch the ball- feel the defender- turn and face- shot fake- one dribble- attack the rim

3. **Right Side**

Shot	Strong Hook	Middle Hook	Power Dribble	Turn/ Shoot	Turn/Shot Fake
Makes					
Attempts	5	5	5	5	5

4. **Shoot 10 Free Points**

FTM	FTA
	10

5. **Left Side**

Shot	Strong Hook	Middle Hook	Power Dribble	Turn/ Shoot	Turn/Shot Fake
Makes					
Attempts	5	5	5	5	5

6. **Shoot 10 Free Points**

FTM	FTA
	10

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Seven-Spot Long Distance Catch and Shoot (all shots between 15-20 feet)
Shoot 7 shots from each of the 7 spots (corners, volleyball lines extended, free throw lines extended, top of the key)
Go around and back-shoot a total of 98 shots, then finish by shooting 1 game speed layup from each wing (100 shots)

All shots should be game speed and in the <u>15-20 foot range</u> until the last two.

Spot	LC	LV	LFT	Top	RFT	RV	RC	RC	RV	RFT	Top	LFT	LV	LC	LYP
Makes															
Attempts	7	7	7	7	7	7	7	7	7	7	7	7	7	7	2

Shoot 25 Free Points

FTM	FTA
	25

Print Name	Date	Free Throw Totals		Shooting Totals	
		Makes	Attempts	Makes	Attempts
			25		100

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Long Distance Shots off the Dribble (all shots between 15-20 feet):

1. Simulate shooting off the break
2. Use Dribble moves into the shot.
3. 5 sets of 5 shots at a time with 5 free points between sets.
4. Repeat 3 times

All shots should be game speed and in the 15-20 foot range.

Set	1	FT	2	FT	3	FT	4	FT	5	FT
Makes										
Attempts	5	5	5	5	5	5	5	5	5	5

Set	6	FT	7	FT	8	FT	9	FT	10	FT
Makes										
Attempts	5	5	5	5	5	5	5	5	5	5

Set	11	FT	12	FT	13	FT	14	FT	15	FT
Makes										
Attempts	5	5	5	5	5	5	5	5	5	5

Shoot 25 Free Points

FTM	FTA
	25

Print Name	Date	Free Throw Totals		Shooting Totals	
		Makes	Attempts	Makes	Attempts
			100		75

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3. Pass fake to shot
4. 5 sets of 3 shots at a time with 3 free points in between.
5. Repeat 3 times

All shots should be game speed and in the 15-20 foot range.

Set	1	FT	2	FT	3	FT	4	FT	5	FT
Makes										
Attempts	3	3	3	3	3	3	3	3	3	3

Set	6	FT	7	FT	8	FT	9	FT	10	FT
Makes										
Attempts	3	3	3	3	3	3	3	3	3	3

Set	11	FT	12	FT	13	FT	14	FT	15	FT
Makes										
Attempts	3	3	3	3	3	3	3	3	3	3

Shoot 10 Free Points

FTM	FTA
	10

Print Name	Date	Free Throw Totals		Shooting Totals	
		Makes	Attempts	Makes	Attempts
			55		45