



GAME 7 BOOT CAMP

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SHOOTING CHART TO TRACK YOUR PROGRESS

DRILL	DATE	DATE	DATE	DATE	DATE	DATE	DATE
JUMP SHOTS +10*							
JUMPERS OFF FAKE**							
JUMPERS OFF DRIBBLE***							
FREE THROWS							
LAYUPS LEFT							
LAYUPS RIGHT							
LAYUPS REVERSE							
JUMP SHOTS							
3 POINTERS							

*jump shots +10 is shots over 10 feet away from the basket

** jumpers off fake - must make a good pump fake(shot fake) before you take your shot
you can also throw in your jab step

*** jumpers off dribble - shoot the ball off the dribble. Go at game speed -
but you must always be in control