

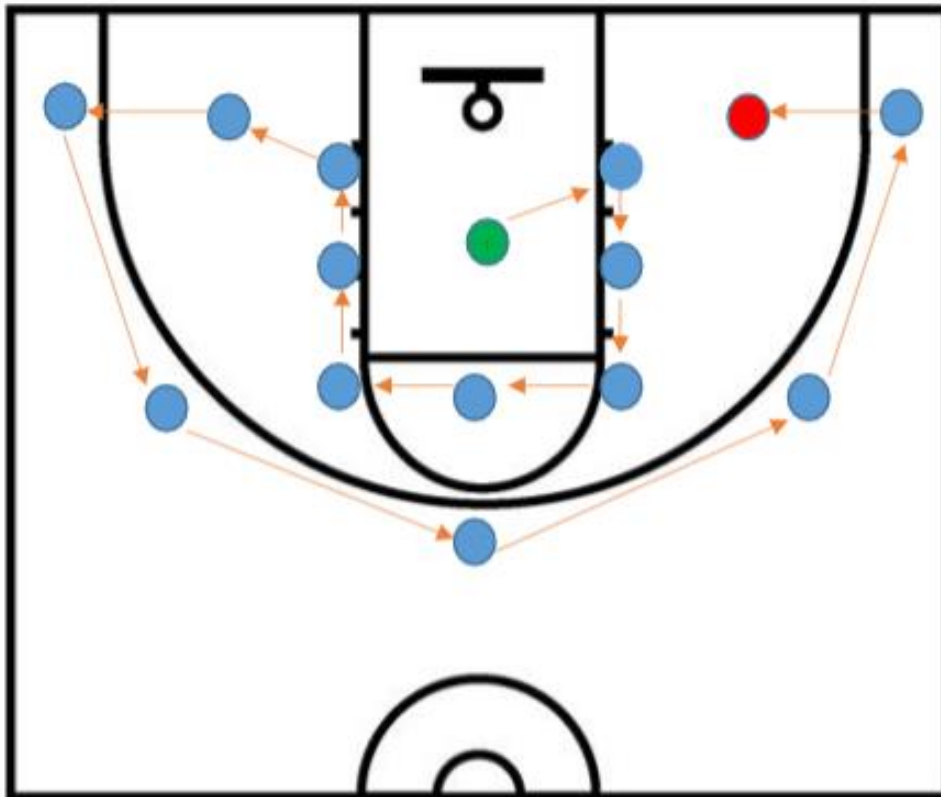
## ROUTINE #1

- 20 Mikan Layups (10 each hand)
- 20 bank shots from block (10 each side)
- 10 Free Throws
- 10 shots off the Dribble
  - Rip through, 2 dribbles to the right
- 10 shots off the Dribble
  - Rip through, 2 dribbles to the left
- 10 Free Throws
- 20 Drop Step w/power dribble (10 each block/hand)
- 30 shots off the catch
  - Spin ball to yourself
- 20 layups (10 each hand)
  - Start at right Elbow, dribble to right hand layup, rebound and dribble to left Elbow, dribble to left hand layup. Repeat
- 10 Free Throws
- 10 shots from right baseline
- 10 shots from left baseline
- 10 shots from Elbow (5 from right, 5 from left)
- 10 Free Throws
- 10 shots from wing (15 ft)
- 20 three point shots (move around the arc)
- 10 Free Throws

Total shots = 250 (50 Free Throws)

## AROUND THE WORLD (Routine #2)

Start at the Green Dot, proceed around the world and end at the Red Dot.



5 shots per dot = 75 total shots

10 shots per dot = 150 total shots