

ARE YOU WORTHY?

Week 7: July 10-16

Partner shooting

Date:	Shots
Mikans	/25
Block to block	/25
2nd hash to 2nd hash	/25
Baseline to baseline	/25
Elbow to elbow	/25
Elbow to corner Left side	/25
Elbow to corner Right side	/25
5 @ a spot 15ft	/25
5 @ a spot 3's	/25
FT's	/25
Total	/250

10 spot catch and shoot

Date:	Shots
Right corner	/20
Right wing	/20
Point	/20
Left wing	/20
Left corner	/20
FTs	/25
Left corner	/20
Left wing	/20
Point	/20
Right wing	/20
Right corner	/20
FTs	/25
total	/250

10 spot catch and shoot

Date:	Shots
Right corner	/20
Right wing	/20
Point	/20
Left wing	/20
Left corner	/20
FTs	/25
Left corner	/20
Left wing	/20
Point	/20
Right wing	/20
Right corner	/20
FTs	/25
total	/250

Steph Curry shooting

Date:	shots
Mikan	/25
5 @ spot (15ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullu	/25
Post moves	/25
Fts	/25
total	/250

Total makes for week	/1000
FT total for week	/150