

ARE YOU WORTHY?

Week 2: June 5-11

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 pullup | /25 |
| Post moves | /25 |
| Fts | /25 |
| total | /250 |

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