Name: Date:

Gun Workout

1.)

100 Shot Drill (20 shots in 5 spots) Score:

Free Throws /10

2.)

Kick Shots (50) Score:

Free Throws /10

3.)

Rhythm and Non Rhythm (Shoot 50) Score:

Free Throws /10

4.)

Kick Shots (50) Score:

Free Throws /10

5.)

100 Shot Drill (20 shots in 5 spots) Score:

Free Throws /10