NAME: DATE:

COMET SHOOTING (BIGS)

|  |  |  |  |
| --- | --- | --- | --- |
| **Drill** | **Makes** | **Misses** | **Total Score** |
| Regular Mikens (make 10) |  |  |  |
| Power Mikens (make 10) |  |  |  |
| Reverse Mikens (make 10) |  |  |  |
| Around the World (ball can’t touch ground on miss) |  |  |  |
| X Lay ups (make 20) |  |  |  |
| Ball to block (10 makes) |  |  |  |
| Around the World (ball can’t touch ground on miss) |  |  |  |
| 5 Elbow Shots (in a row, doesn’t matter what elbow) |  |  |  |
| Regular Mikens (make 10) |  |  |  |
| Power Mikens (make 10) |  |  |  |
| Reverse Mikens (make 10) |  |  |  |
| Mid Range Jumpers (remainder of time)  TIME REMAINNG: |  |  |  |

**FREE THROW GAME: 16 makes in 6 minutes**

|  |  |  |  |
| --- | --- | --- | --- |
| **Makes** | **Misses** | **Sprints** | **Total Score** |
|  |  |  | **Time:** |