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:**  |