

Name _____

100 Shot Challenge

Your challenge is to complete this 100 shot workout as many times as possible before next season. Can you shoot the most shots this off-season? Record the date and time on the back of this paper for every time you complete the 100 shot challenge workout listed below. You will be asked to turn this in at various times.

Part 1: Shot build-up (15 total shots)

- a) 3 one-hand shots from 10 feet
- b) 3 one-hand shots from 14-15 feet
- c) 3 one-hand shots from 3 point line (really bend your knees)
- d) 3 two-hand set shots from 10 feet
- e) 3 two-hand set shots from 15 feet (free throws)

Part 2: Jumpshots – spin the ball out to yourself (30 total shots)

- a) 10 jumpers from 10-12 feet
- b) 10 jumpers from 14-16 feet
- c) 10 jumpers from 3 point line

Part 3: Off the dribble – start at least 10 feet behind 3 point line (30 total shots)

- a) 5 speed dribble pull-ups in the lane
- b) 5 speed dribble pull-ups at 3 point line
- c) 5 crossover dribble then pull-up
- d) 5 behind the back dribble then pull-up
- e) 5 spin dribble then pull-up
- f) 5 step back jumpers off the dribble

Part 4: Big 5 Moves – start in the triple threat position (15 total shots)

- a) 3 - pump fake then right hand drive for a lay-up
- b) 3 - pump fake then right hand drive to a pull-up jumper
- c) 3 - jab step right then drive left for left hand lay-up
- d) 3 – jab step right then drive left for pull-up jumper
- e) 3 – jab step then shoot jumper

Part 5: Free-Throws - Shoot 10 FT's (10 total)

Record the Date and Time for every time you complete the 100 shot challenge

1	21	41
2	22	42
3	23	43
4	24	44
5	25	45
6	26	46
7	27	47
8	28	48
9	29	49
10	30	50
11	31	51
12	32	52
13	33	53
14	34	54
15	35	55
16	36	56
17	37	57
18	38	58
19	39	59
20	40	60