

BASKETBALL ROUTINE - SHOTS

MONTH _____

NAME _____

(DATE -----) PERCENTAGE

POSITION								____ OF ____	%
#1									
#2									
#3									
#4									
#5									
#6									
#7									
#8									
#9									
#10									
#11									
#12									
#13									
#14									
#15									
TOTALS									

NOTE: 10 SHOTS PER POSITION, ALWAYS HAVE A REBOUNDER, AND WARM UP FOR AT LEAST 5-10 MINUTES BEFORE STARTING ROUTINE.