



Wolfpack Shooting Routine

Wing Workout

Guidelines

- All made shots are worth 2 points
- Free throws are worth 1 point
- Highest score is 30 points
- 1(older) or 2 (younger) dribbles to basket only
- Two inch ball fake on all drives
- Put back all misses with power lay ups. No points for put backs
- After your put back or make bust out the ball to the wing with your non-dominant hand, quick stop on wing and reverse turn to begin next shot
- Call out your score on every shot attempt, made or missed
- Check heart rate after you are done
 - 10 seconds count beats, multiply by 6
 - $220 - \text{age} = \text{Maximum Heart Rate}$
 - Get to 90% of maximum heart rate

Moves From Each Wing

Middle drive to rim

Baseline drive to rim

Middle drive reverse lay up (opposite side of rim)

Baseline drive reverse lay up

Middle drive, pull up

Baseline drive, pull up

Middle drive hop back

Baseline drive hop back

Middle drive hesitation move to rim

Baseline drive hesitation move to rim

Catch and shoot jump shot (spin ball to self) 2 times

Jab step jump shot

Free Throws (4)