



Wolfpack Shooting Routine From the Sweet Spot (Top of Key)

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 The Top

Direct drive to rim

Crossover drive to rim

Direct drive to rim shot fake power lay up

Crossover drive to rim shot fake power lay up

Direct drive, pull up

Crossover drive, pull up

Direct drive hop back

Crossover drive hop back

Direct drive hesitation move to rim

Crossover drive hesitation move to rim

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

Jab step jump shot

Free Throws (4)