



WORKOUT #2 – Shooting Test (Record your made baskets and try and improve each week)

LEVEL 2 Date: - / / / / / / / /

Table with 8 columns and 10 rows of basketball drills and their respective repetition counts (e.g., Reverse Right/ Left hand layups, Euro Step Layups, etc.)

- Each drill is done for 10 repetitions and record how many went in. For the Mikan layup drill, do 5 each side.
• For form shooting do 5 at each sport.
• KEY: R = Right, L= Left, M=Middle