

SHOOTING ROUTINE FOR FORWARDS

The idea of this shooting routine is to take 10 shots at each spot marked on this diagram. Shooting from the same spot develops shot coordination (eye, hand, basket, etc) needed to judge the distance and arm strength needed from each spot to the basket. Keep track of the number of shots made / missed, and figure your percentages to see how and where you are improving (or not improving). You will need a rebounder in order for this routine to work efficiently.

