

Shooting Foundations

Do this workout 4-5x's per week

Date: 11/19/2020		EXAMPLE	
DRILL	Check box if complete		NOTES
50 Form Shots	<input checked="" type="checkbox"/>		Having trouble keeping my guide hand straight
Beat the Pro 'Close'	<input checked="" type="checkbox"/>		Completed the drill on the 3rd try
5 Free Throws for Push ups	<input checked="" type="checkbox"/>		Got 5 free throws in a row on the first try
	<input type="checkbox"/>		

Date: _____			
DRILL	Check box if complete		NOTES
50 Form Shots	<input type="checkbox"/>		
Beat the Pro 'Close'	<input type="checkbox"/>		
5 Free Throws for Push ups	<input type="checkbox"/>		
	<input type="checkbox"/>		

Date: _____			
DRILL	Check box if complete		NOTES
50 Form Shots	<input type="checkbox"/>		
Beat the Pro 'Close'	<input type="checkbox"/>		
5 Free Throws for Push ups	<input type="checkbox"/>		
	<input type="checkbox"/>		

Date: _____			
DRILL	Check box if complete		NOTES
50 Form Shots	<input type="checkbox"/>		
Beat the Pro 'Close'	<input type="checkbox"/>		
5 Free Throws for Push ups	<input type="checkbox"/>		
	<input type="checkbox"/>		

Date: _____			
DRILL	Check box if complete		NOTES
50 Form Shots	<input type="checkbox"/>		
Beat the Pro 'Close'	<input type="checkbox"/>		
5 Free Throws for Push ups	<input type="checkbox"/>		
	<input type="checkbox"/>		

Date: _____			
DRILL	Check box if complete		NOTES
50 Form Shots	<input type="checkbox"/>		
Beat the Pro 'Close'	<input type="checkbox"/>		
5 Free Throws for Push ups	<input type="checkbox"/>		
	<input type="checkbox"/>		