



Shooting Academy

Form | Flow | Balance

Goal: 200 Makes Each Day

- **Form Shooting:** x20 makes
- **Guided Form Shooting:** x20 makes
- **Flow Shooting:** x20 makes
- **Flow Shooting Extensions:** Make 5 shots to increase range. Repeat 5 makes. Do not increase range if you lose form or miss 5 in a row.
- **One Legged Bound Shooting:** x10 makes each leg/foot
- **Ski Shooting:** x10 makes each leg/foot
- **1-2 Step Ins | Progression:**
 - x15 reps footwork breakdown
 - x15 makes catch & shoot (Stay around a range where you can have consistency)
- **1-2 Angled Steps Ins:** x10 makes each side
- **Pound + Pick Up Shooting:** x10 makes each side
- **7 Spot Shooting:** Makes 3 shots in each spot (21 total makes)