

GREEN LIGHT SHOOTING

Earn the **"Green Light"** from your coaches by showing you are a proficient 3 point shooter. Player goal is an average of 85 makes in order to receive a go ahead from the coaches.



DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7
GREEN LIGHT SHOOTING: This is a timed drill so PLACE 20 MINUTES on a CLOCK Players will complete 3 Drills in Order – Yo-Yo Lay-ups – FREE THROWS – Around the World 7 Shots After these shots have been done Players use the remaining time to shoot THREES and keep track of how many they make – 1 MADE shot = 1 PT Rules: NO ONE CAN REBOUND for you After the shot the ball can only BOUNCE ONE TIME if it bounces twice or more you lose a point each time it happens.						
Make 20 Yo-Yo's	Make 20 Yo-Yo's	Make 20 Yo-Yo's	Make 20 Yo-Yo's	Make 20 Yo-Yo's	Make 20 Yo-Yo's	Make 20 Yo-Yo's
Make 5 Free Throws	Make 5 Free Throws	Make 5 Free Throws	Make 5 Free Throws	Make 5 Free Throws	Make 5 Free Throws	Make 5 Free Throws
Make 7 Shots —Around the Lane Blocks — Mid Lane — Elbow - FT	Make 7 Shots —Around the Lane Blocks — Mid Lane — Elbow - FT	Make 7 Shots —Around the Lane Blocks — Mid Lane — Elbow - FT	Make 7 Shots —Around the Lane Blocks — Mid Lane — Elbow - FT	Make 7 Shots —Around the Lane Blocks — Mid Lane — Elbow - FT	Make 7 Shots —Around the Lane Blocks — Mid Lane — Elbow - FT	Make 7 Shots —Around the Lane Blocks — Mid Lane — Elbow - FT
SCORE WEEKLY RESULTS BELOW (6 Weeks)						
Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's
Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's
Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's
Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's
Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's
Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's	Made Three's