

# 100 Makes

Notes:

It's *makes*, not attempts.

Goal is to see how fast you can make 100 shots with a rebounder. Use your phone to time yourself.

1. 15 strong hand layups
2. 15 weak hand layups
3. 15 cross lane shots – shooting from the old first FT rebounder spot, back and forth, no bank.
4. 15 side bank shots – shooting from first hash above block, back and forth, bank shot.
5. 15 elbow shots – back and forth
6. 25 “3s” or 25 “2s” moving on each shot to next spot. Use 5 spots and rotate after each shot, make or miss.

Name: \_\_\_\_\_

Record your time here: \_\_\_\_\_ **(Note whether you shot 2s or 3s on #6)**