Grades 7-12 This workout will give you 200 shots once complete.																						
Out of X shots	Left Elbow - 20		Right Elbow - 20		Free Throw - 30 (3 sets of 10)		3 Pointer Top of Key - 20		3 Pointer off Left Elbow - 20		3 Pointer off Right Elbow - 20		Right Short Corner - 20		Left Short Corner - 20		Mikan Layups - 20		Reverse Mikan Layups - 20		Total	
Date	Makes	Misses	Makes	Misses	Makes	Misses	Makes	Misses	Makes	Misses	Makes	Misses	Makes	Misses	Makes	Misses	Makes	Misses	Makes	Misses	Makes	Misses
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