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