Grades 3-6 This workout will give you 135 shots once complete.

Types of Shots	Mikan Layups - 20	Reverse Mikan Layups - 20	Right side 2nd block - 10	Right side 3rd block - 10	Right Elbow - 10	Left side 2nd block - 10	Left side 3rd block - 10	Left Elbow - 10	Free Throw - 15 (3 sets of 5)	Right Short Corner - 10	Left Short Corner - 10	**Total Shots Taken**
Date	Shots Taken	Shots Taken	Shots Taken	Shots Taken	Shots Taken	Shots Taken	Shots Taken	Shots Taken	Shots Taken	Shots Taken	Shots Taken	