

# MAYVILLE STATE UNIVERSITY COMETS BASKETBALL

---

Name:

Date:

## Gun Workout

1.) 100 Shot Drill (20 shots in 5 spots)

Score:

Free Throws /10

2.) Kick Shots (50)

Score:

Free Throws /10

3.) Rhythm and Non Rhythm (Shoot 50)

Score:

Free Throws /10

4.) Kick Shots (50)

Score:

Free Throws /10

5.) 100 Shot Drill (20 shots in 5 spots)

Score:

Free Throws /10