	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	TOTAL
Frame the goal: hold your follow-through until the ball hits the rim, wrist broken, both arms extended		_	_	_		_		_	_	_											
 Shooting fingers point down into the goal (shot line), shooting fingertips above white square (arc) 	_	_	_	_	_	_	_	_	_	_	_				_	_	_	_	_		
Your guide-hand fingers & thumb point to the ceiling; frame the side of the goal; don't drop the arm	_	_	_	_	_	_	_	_	_	_	_	_	_		_	_	_	_	_	_	
 See the rim (with both eyes) between your arms as soon as the ball passes above your eye level 		_		_			_			_			_				_		_		
Set your shooting wrist as you set the ball in the shot pocket; no dipping, just up and out		_		_		_	_	_	_	_			_		_	_	_	_	_		
Time the break of your shooting wrist with your feet coming off of the ground	_	_	_	_	_	_	_	_	_	_	_	_		_	_		_	_	_		4
 Check your feet before and after you shoot, both feet square under your shoulders, pointing to goal 		_	_	_	_	_	\supset	_	_	_	_		_		_	_	_	_	_		4_
8) Let your elbows hang straight down, perpendicular to the floor; don't let them fly out or in	_	_		_		_	4	2	_	4			_	_	_	_	_	_	_		
 Focus on the shot-line-bulls-eye; use the loops (see Ch 7); do not watch the ball in flight 		_	_	_	_	\perp	4	_	_	_	_		_	4	_	_		_	_	4	
10) Relax from the waist up and put it all together; good coordination results in effortless shooting		_		_	_	4	L		_				7	_	_		_	_	\leq	_	
(Check your feet after the shot in steps 11-20)																					
11) Step back with your right foot, step up square and shoot	_	_	_	_		_	_		_		_	_	L		L		2	_	\perp	_	
12) Step back with your left foot, step up square and shoot		_	_		_				_	_	_	1	_		_		_		_		
13) Step back with your right foot, one right hand dribble, (timed with your foot), then step up & shoot		_	_			_	_	_	_	_		_	_	_	_	_	\leq	\leq	_	_	
14) Step back with your left foot, one left hand dribble, (timed with your foot), step up & shoot		_	7	4	4	1	4		1	4		_	_		_	<u> </u>	_	1	_		
15) Point your left shoulder at the goal, step left foot and dribble right hand together, pivot-square-up & shoot	_		4	4	_	<u>_</u>	4	<u> </u>	<u> </u>			_	_			_	_	_	_		
16) Point your right shoulder at the goal, step right foot and dribble left hand together, pivot-square-up & shoot		7	4	7	Ł	2		\angle	Ź			5	4	Δ	\triangle			_	_		
17) Face the goal, spin yourself a pass, step & jump off left foot, catch your pass on two feet & shoot	_			1	1	È	2	<u>/</u>		7	4_	1	1	//	\underline{L}	\mathcal{L}	_	_	_	_	
18) Face the goal, spin yourself a pass, step & jump off right foot, catch your pass on two feet & shoot	Δ			_				-	_							_	_	_	_		
19) Point your left shoulder at goal, spin yourself a pass, step & jump off left foot, get square in the air & shoot	_	_	_	_	_	_	_		_	_	_	_	_		_	_	_	_	_		
20) Point your right shoulder at goal, spin yourself a pass, step & jump off right foot, get square in the air & shoot		_	_	_	_			_	_	_	_	_	_		_	_	_	_	_		
TOTAL MADE FOR EACH COLUMN	No. 13		1900000			20000000			5 <u>-11-1-1</u> 1		<u> </u>		-			- <u> </u>	_	-		(1 <u></u>	<u> </u>
DIVIDE TOTAL ABOVE BY NUMBER OF SHOTS TAKEN	_	_	_	_		_	_	_	_	_	_				_			_			