**FORM SHOOTING WARM-UP CHALLENGE CARD**

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| **Round** | **Shooting** **Challenges** | **Dynamic Stretching Challenges** |
| **1** | Dominant Hand 1-dribble and Shoot (and catch) | Arm Circles |
| **2** | Non-dominant Hand 1-dribble and Shoot (and catch) | Toe Touches |
| **3** | Self-pass to Shoot (and catch) | Ankle Pulls |
| **4** | Dominant Hand 1-dribble and Shoot (and catch) | Knee Pulls |
| **5** | Non-dominant Hand 1-dribble and Shoot (and catch) | Alternating Lunges |
| **6** | Self-pass to Shoot (and catch) | Butt Kicks |