



## FORM SHOOTING WARM-UP CHALLENGE CARD

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