



30-DAY CHALLENGE

1	2	3	4	5	CHALLENGE DAY	7
1MIN-DRIBBLE 10-LAYUPS (EACH HAND) 15-FORM SHOOTING (A)	1.5MIN-DRIBBLE 12-LAYUPS (EACH HAND) 20-FORM SHOOTING (A)	2MIN-DRIBBLE 14-LAYUPS (EACH HAND) 25-FORM SHOOTING (A)	2.5MIN-DRIBBLE 16-LAYUPS (EACH HAND) 30-FORM SHOOTING (A)	2.5MIN-DRIBBLE 16-LAYUPS (EACH HAND) 30-FORM SHOOTING (A)	5 MIN-DRIBBLE (EACH HAND) 10-MADE LAYUPS (EACH HAND) 30-FORM SHOOTING (IN A ROW/A)	1MIN-CROSSOVER 10-MADE LAYUPS (EACH HAND) 10-FORM SHOOTING (B&C)
8	9	10	11	CHALLENGE DAY	13	14
1.5MIN-CROSSOVER 10-MADE LAYUPS (EACH HAND) 15-FORM SHOOTING (B&C)	2MIN-CROSSOVER 15-MADE LAYUPS (EACH HAND) 20-FORM SHOOTING (B&C)	2.5MIN-CROSSOVER 20-MADE LAYUPS (EACH HAND) 25-FORM SHOOTING (B&C)	3MIN-CROSSOVER 25-MADE LAYUPS (EACH HAND) 35-FORM SHOOTING (B&C)	3MIN-CROSSOVER (NO MISTAKES) 5-MADE LAYUPS (EACH HAND) 35-FORM SHOOTING (IN A ROW/B&C)	1MIN-IN/OUT DRIB & CROSSOVER 20-MIKAN DRILL SHOTS 35-FORM SHOOTING (B&C)	1.5MIN-IN/OUT DRIB & CROSSOVER 25-MIKAN DRILL SHOTS 10-FORM SHOOTING (A,B&C)
15	16	17	CHALLENGE DAY	19	20	21
2MIN-IN/OUT DRIB & CROSSOVER 30-MIKAN DRILL SHOTS 10-FORM SHOOTING (A,B&C)	2.5MIN-IN/OUT DRIB & CROSSOVER 35-MIKAN DRILL SHOTS 10- FORM SHOOTING (A,B&C)	3MIN-IN/OUT DRIB & CROSSOVER 40-MIKAN DRILL SHOTS 10-FORM SHOOTING (A,B&C)	3MIN-IN/OUT DRIB & CROSSOVER (NO MISTAKES) 10-MIKAN DRILL (IN A ROW) 10-FORM SHOOTING (A,B&C)	3MIN-IN/OUT DRIB & CROSSOVER (NO MISTAKES) 10-MIKAN DRILL (IN A ROW) 10-FORM SHOOTING (A,B&C)	1MIN-2 BALL DRIBBLE (SAME TIME) 5-MADE LAYUPS 15-FREE THROWS	1.5MIN-2 BALL DRIBBLE (SAME TIME) 5-MADE LAYUPS 15-FREE THROWS
22	23	CHALLENGE DAY	25	26	27	28
2MIN-IN/OUT DRIB & CROSSOVER 30-MIKAN DRILL SHOTS 10-FORM SHOOTING (A,B&C)	2.5MIN-2 BALL DRIBBLE (SAME TIME) 5-MADE LAYUPS 15-FREE THROWS	1MIN/200 TIMES 2 BALL DRIBBLE (SAME TIME) 5-MADE LAYUPS (IN A ROW) 15-MADE FREE THROWS	1MIN-2 BALL DRIBBLE (ALTERNATE) 5-REVERSE LAYUPS 15-FREE THROWS	1.5MIN-2 BALL DRIBBLE (ALTERNATE) 10-REVERSE LAYUPS 15-FREE THROWS	2MIN-2 BALL DRIBBLE (ALTERNATE) 15-REVERSE LAYUPS 15-FREE THROWS	2.5MIN-2 BALL DRIBBLE (ALTERNATE) 15-REVERSE LAYUPS 15-FREE THROWS
29	CHALLENGE DAY	FINISHED!	ALL-STAR CHALLENGE			
3MIN-2 BALLDRIBBLE (ALTERNATE) 15-REVERSE LAYUPS (EACH HAND) 15-MADE FREE THROWS	3MIN-2 BALL DRIBBLE (ALTERNATE) 10-MADE LAYUPS (EACH HAND) 10-MIKANS (IN A ROW) 15-MADE FREE THROWS		★ ADD FIVE MID-RANGE JUMPERS FROM EACH SPOT DAILY ★ ADD FIVE 3-POINTERS FROM THE TOP OF THE KEY DAILY ★ ADD 25 BETWEEN THE LEGS DAILY ★ ADD 25 BEHIND THE BACK DAILY		CHALLENGE DAYS ★ DOUBLE BALL HANDLING TIME ★ ADD 5 MADE MID-RANGE JUMPERS FROM EACH SPOT ★ ADD 5 MADE 3-POINTER FROM THE TOP OF THE KEY	

SHOOTING MAP

