

SHOT PERFECT SHOOTING CAMP & SCHOOL/TEAM/CLUB SPONSORED SYLLABUS

Section One

Pre-camp Video Taping/Shooting Test
Introductions - About the Shot Analyst and Assistant(s)
What is Shot Perfect
Rules and Regulations

Section Two

CLASSROOM

The Shot Perfect™LLC Technique
Problem Identification & Problem Solving Solutions
Introduction: Clock & Roll Back
Short Break – 5 min.
Pre-camp Video Review

Section Three

Practice Session/Video Taping with self-analysis
Developmental Drills
(wrist, wall, feet, head, wall, away from wall)
Intro to Jump Shooting with drills
Intro to Post moves with drills
20/30 min. B R E A K

Section Four

TUNE-UP Camp Information
Camp post-test & Camp evaluation & Pictures
Championship game of Roll Back with Award Presentation