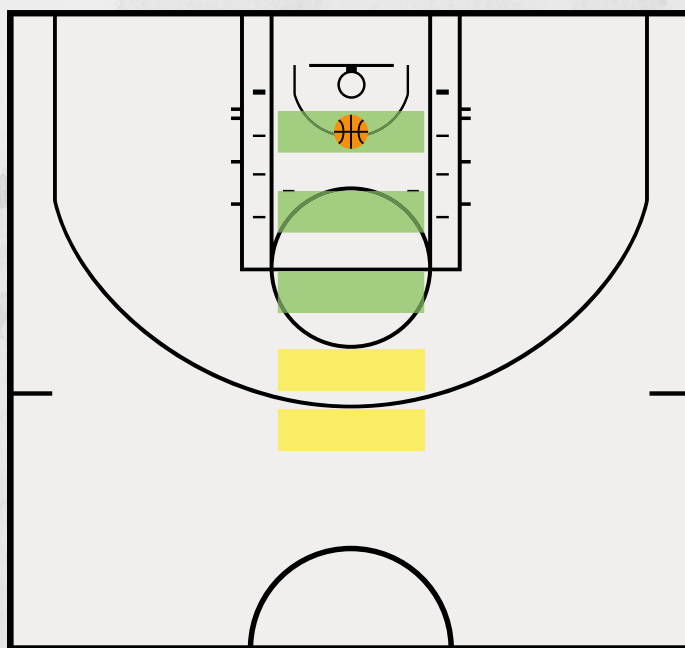


## Swish Shooting Warm Up



**GOAL:** Make 10 swishes from each of the highlighted distances that are appropriate for your skill level.

**INSTRUCTIONS:** The green highlighted distances are for players of all skill levels. The yellow highlighted distances are reserved for players shooting a minimum of 60% or better in most, if not all, perimeter shooting drills they attempt in workout settings. For example, Advanced/Elite shooters will make 10 swishes from all 5 distances.

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