



LEVEL 1 PROGRAMME

Shooting workout with Andrew McGeever

1 THIS IS A CONTINUOUS SHOOTING WORKOUT

- Begin with the shots that are closer to the basket and work your way through each different type of shot.
- You must score 10 times with each type of shot before you move onto the next one.
- There are 15 different shots so you should score 150 in total.
- Time your workout and keep trying to improve on your best time, how fast can you complete it? Let us know!



Check out Andrew McGeever's video tutorial for all the drills here: www.youtube.com/BasketballIreland
Download all 3 full Green Shoots books at www.BasketballIreland.ie

All those taking part are reminded to adhere to the HSE guidelines on social distancing.
These challenges are for young players to try in their own home/place of residence.