

IKM-Manning Summer Workout
Champions are Made in the Off Season!!

Shooting Drills	Date	Date	Date	Date	Date	Date	Date	Totals/Week
	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	
Star 3's								
Makes	10	12	14	10	11	13	10	80
Attempts	12	12	13	13	14	14	15	93
Daily %	83%	100%	108%	77%	79%	93%	67%	86%
On The Move								
Makes	9	10	11	12	13	14	15	84
Attempts	12	13	14	15	16	17	18	105
Daily %	75%	77%	79%	80%	81%	82%	83%	80%
Post Ups								
Makes	10	12	14	10	11	13	10	80
Attempts	12	12	13	13	14	14	15	93
Daily %	83%	100%	108%	77%	79%	93%	67%	86%
V's								
Makes	9	10	11	12	13	14	15	84
Attempts	12	13	14	15	16	17	18	105
Daily %	75%	77%	79%	80%	81%	82%	83%	80%
Job Step/Step Backs								
Makes	10	12	14	10	11	13	10	80
Attempts	12	12	13	13	14	14	15	93
Daily %	83%	100%	108%	77%	79%	93%	67%	86%
Desperation/Screen								
Makes	9	10	11	12	13	14	15	84
Attempts	12	13	14	15	16	17	18	105
Daily %	75%	77%	79%	80%	81%	82%	83%	80%
Free Throws								
Makes	10	12	14	10	11	13	10	80
Attempts	12	12	13	13	14	14	15	93
Daily %	83%	100%	108%	77%	79%	93%	67%	86%
2's								
Makes	10	12	14	10	11	13	10	80
Attempts	12	12	13	13	14	14	15	93
Daily %	83%	100%	108%	77%	79%	93%	67%	86%
3's								
Makes	9	10	11	12	13	14	15	84
Attempts	12	13	14	15	16	17	18	105
Daily %	75%	77%	79%	80%	81%	82%	83%	80%

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Shooting Drills	Date	Date	Date	Date	Date	Date	Date	Totals/Week
	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	
Baseline								
Makes	10	12	14	10	11	13	10	80
Attempts	12	12	13	13	14	14	15	93
Daily %	83%	100%	108%	77%	79%	93%	67%	86%
R Layup 2 Dribbles								
Makes	9	10	11	12	13	14	15	84
Attempts	12	13	14	15	16	17	18	105
Daily %	75%	77%	79%	80%	81%	82%	83%	80%
L Layup 2 Dribbles								
Makes	10	12	14	10	11	13	10	80
Attempts	12	12	13	13	14	14	15	93
Daily %	83%	100%	108%	77%	79%	93%	67%	86%
Total Shots Made	115	134	153	118	142	147	145	954
Total Shots Attempted	144	149	161	166	178	183	195	1176
% for Day	80%	90%	95%	71%	80%	80%	74%	81%