



HABITS Shooting Session - Tracking

<u>Shots</u>	<u>Notes</u>	<u>Makes</u>	<u>Takes</u>	<u>Percentage</u>
Release Shots			10	
Rocker Shots			10	
Pivot Shots			10	
“Grounders”			10	
Quick Shots			5	
Scissor Shots			5	
Curl Right			5	
Curl Left			5	
Boom 1-2 Right			5	
Boom 1-2 Left			5	

Beal Shooting Score:

HABITS Shooting Session Reflection

Things I did well today:

1. _____
2. _____
3. _____

Things I want to work on:

1. _____
2. _____

Main thing I learned today: _____

Shooting Commitment: _____

“You do not rise to the level of your goals. You fall to the level of your systems.”