

| | Blocker | Blocker | Glove | Glove | 5Hole |
|----------|---------|---------|-------|-------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker Low | Blocker High | Glove High | Glove Low | 5Hole |
|----------|----------------|-----------------|---------------|--------------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |



| | Blocker Low | Blocker High | Glove High | Glove Low | 5Hole |
|----------|----------------|-----------------|---------------|--------------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker Low | Blocker High | Glove High | Glove Low | 5Hole |
|----------|----------------|-----------------|---------------|--------------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker | Blocker | Glove | Glove | 5Hole |
|----------|---------|---------|-------|-------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker | Blocker | Glove | Glove | 5Hole |
|----------|---------|---------|-------|-------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker Low | Blocker High | Glove High | Glove Low | 5Hole |
|----------|----------------|-----------------|---------------|--------------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker | Blocker | Glove | Glove | 5Hole |
|----------|---------|---------|-------|-------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker Low | Blocker High | Glove High | Glove Low | 5Hole |
|----------|----------------|-----------------|---------------|--------------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker Low | Blocker High | Glove High | Glove Low | 5Hole |
|----------|----------------|-----------------|---------------|--------------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker Low | Blocker High | Glove High | Glove Low | 5Hole |
|----------|----------------|-----------------|---------------|--------------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

| | Blocker Low | Blocker High | Glove High | Glove Low | 5Hole |
|----------|----------------|-----------------|---------------|--------------|-------|
| Forehand | 25 | 25 | 25 | 25 | 25 |
| Backhand | 25 | 25 | 25 | 25 | 25 |

Initial and date each cell after completing the shots taken.

If all cells are initial and dated you will have completed 3,000 total shots.

Fill in the number of shots taken in the box to the right

| Total Shots | Forehand | |
|----------------|----------|--|
| | Backhand | |

Picture of Player's



Shooting Set up emailed

To EMAIL Address