

# **Killarney Cougars BC**

## **Advanced Finishing Drills**

### **WEEK 1**

<b><i>Date</i></b>	<b>Lay Ups RH</b>	<b>Lay Ups LH</b>	<b>Finger Rolls RH</b>	<b>Finger Rolls LH</b>	<b>Floaters RH</b>	<b>Floaters LH</b>

- Do each drill for 1 min.
- Record amount scored in that time.
- Really work hard on getting the correct technique especially with weak hand.
- Get a friend or family member to record you so you can spot where improvements are needed.
- Always try to beat your previous score. You're your own competition.