



Welcome to The Elite Challenge

Before you begin the league you **MUST** watch the video of the 7 Challenges at www.STGSports.com. This will give you all the rules and distances for the shots. Repeat the challenges as many times as you'd like to record your highest score!

Challenge Tracker Form			Weeks		
Free Throw Individual Challenge	<input type="checkbox"/> How many can you make out of 50 <input type="checkbox"/> You may use a rebounder		1	2	3
			4	5	
3 Point Individual Challenge	<input type="checkbox"/> How many can you make out of 50 ○ 10 from each spot <input type="checkbox"/> You may use a rebounder		1	2	3
			4	5	
Around the World Individual Challenge	<input type="checkbox"/> How many can you make in 2 min ○ Moving around and back using all 4 spots ○ Only 1 ball ○ Only 1 rebounder		1	2	3
			4	5	
Attack the Rim Individual Challenge	<input type="checkbox"/> How many can you make in 2 min ○ After each layup circle around a different chair ○ Only 1 ball ○ No rebounder		1	2	3
			4	5	
Off the Glass Individual Challenge	<input type="checkbox"/> How many can you make in 2 min ○ Off glass ○ Outside line ○ Only 1 ball ○ Only 1 rebounder		1	2	3
			4	5	
Partner 3's Challenge	<input type="checkbox"/> How many can you make in 2 min ○ Start top of Arc ▪ Partner behind ○ Only 1 ball ○ Rebound own ball		1	2	3
			4	5	
Partner Jump Shot Challenge	<input type="checkbox"/> How many can you make in 2 min <input type="checkbox"/> Fake shot, dribble to lane <input type="checkbox"/> Jump shot from line <input type="checkbox"/> Rebound own ball, alternate sides <input type="checkbox"/> Only 1 ball		1	2	3
			4	5	

Player: _____ Team: _____ School: _____