

PGC FALL SHOOTING COLLEGE



COURSE SCHEDULE

DAY ONE (Saturday 2PM - 8PM Local Time)

CLASSROOM 1	2:00PM - 2:45PM	The Roadmap to Becoming a Great Shooter
GYM SESSION 1	2:45PM - 4:00PM	Building Your Shooting Foundation
CLASSROOM 2	4:00PM - 4:30PM	Hustle Creates Better Shooters
GYM SESSION 2	4:30PM - 5:45PM	Power, Range & One-Foot Shooting
DINNER / BREAK	5:45PM - 6:15PM	
CLASSROOM 3	6:15PM - 6:45PM	The Science of Great Shooting
GYM SESSION 3	6:45PM - 8:00PM	Movement Shooting & Decision Making

HIGHLIGHTS

CLASS

- A mindset shift that can transform you into a “shot ready” player at all times
- How to measure progress like the pros and quit guessing if you’re improving
- What science reveals about the perfect shooting arc and depth
- How to quickly double the amount of quality shots you get up in a workout

FILM

- A subtle shift in your shot setup that instantly generates more power
- Discover the fundamentals and daily habits of every elite shooter

GYM

- 2 advanced techniques to get your shot off quicker without speeding up or changing your shot
- Beal pressure shooting test
- Diana Taurasi movement shooting test
- Curry 1v1 and other competitive games

DAY TWO (Sunday 10AM - 4PM Local Time)

CLASSROOM 1	10:00AM - 10:45AM	Where Confidence Really Comes From
GYM SESSION 1	10:45PM - 12:00PM	Shooting Off the Dribble
LUNCH	12:00PM - 12:30PM	
GYM SESSION 2	12:30PM - 1:00PM	Advanced Shot Creation
CLASSROOM 2	1:00PM - 1:30PM	Breaking Down Elite Shot Creation
GYM SESSION 3	1:30PM - 2:45PM	Elite Separation & Game Play
CLASSROOM 3	2:45PM - 3:05PM	Building Your Personal Shooting Plan
FINAL GYM SESSION	3:05PM - 4:00PM	Putting It All Together

HIGHLIGHTS

CLASS	FILM	GYM
- Where shooting confidence truly comes from and how to protect it - How elite-level shooters set daily, weekly and monthly goals - How to build your own personalized shooting plan	- The secret move for creating a deadly pull up jumper - Attacking space and shooting off the dribble	- How to create space and get clean looks using a hesi pull up and step back jumper - Advanced dribble pull-up moves - McCollum 52 shooting drill - Advantage 2v2, Curry 1v1 and Spurs 4v3 games

“I felt like my shooting got better right away but more importantly, I was given the blueprint to becoming as good of a shooter as I possibly can when I return home!”

Logan Pleasant | PGC Shooting College Grad