

PGC FALL SHOOTING COLLEGE DAILY SCHEDULE DAY ONE

(SATURDAY 2PM - 8PM LOCAL TIME)

2:00-2:45 PM	CLASSROOM 1 – THE ROADMAP TO BECOMING A GREAT SHOOTER
2:45-4:00 PM	GYM SESSION 1 – BUILDING YOUR SHOOTING FOUNDATION
4:00-4:30 PM	CLASSROOM 2 – HUSTLE CREATES BETTER SHOOTERS
4:30-5:45 PM	GYM SESSION 2 – POWER, RANGE & ONE-FOOT SHOOTING
5:45-6:15 PM	DINNER / BREAK
6:15-6:45 PM	CLASSROOM 3 – THE SCIENCE OF GREAT SHOOTING
6:45-8:00 PM	GYM SESSION 3 – MOVEMENT SHOOTING & DECISION MAKING

DAY ONE HIGHLIGHTS

CLASS	FILM	GYM
✓ 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	✓ A subtle shift in your shot setup that instantly generates more power ✓ Discover the fundamentals and daily habits of every elite shooter	✓ 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)

10:00–10:45 AM	CLASSROOM 1 – WHERE CONFIDENCE REALLY COMES
10:45 AM–12:00 PM	GYM SESSION 1 – SHOOTING OFF THE DRIBBLE
12:00–12:30 PM	LUNCH
12:30–1:00 PM	GYM SESSION 2 – ADVANCED SHOT CREATION
1:00–1:30 PM	CLASSROOM 2 – BREAKING DOWN ELITE SHOT
1:30–2:45 PM	GYM SESSION 3 – ELITE SEPARATION & GAME PLAY
2:45–3:05 PM	CLASSROOM 3 – BUILDING YOUR PERSONAL SHOOTING
3:05–4:00 PM	FINAL GYM SESSION – PUTTING IT ALL TOGETHER

DAY TWO

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