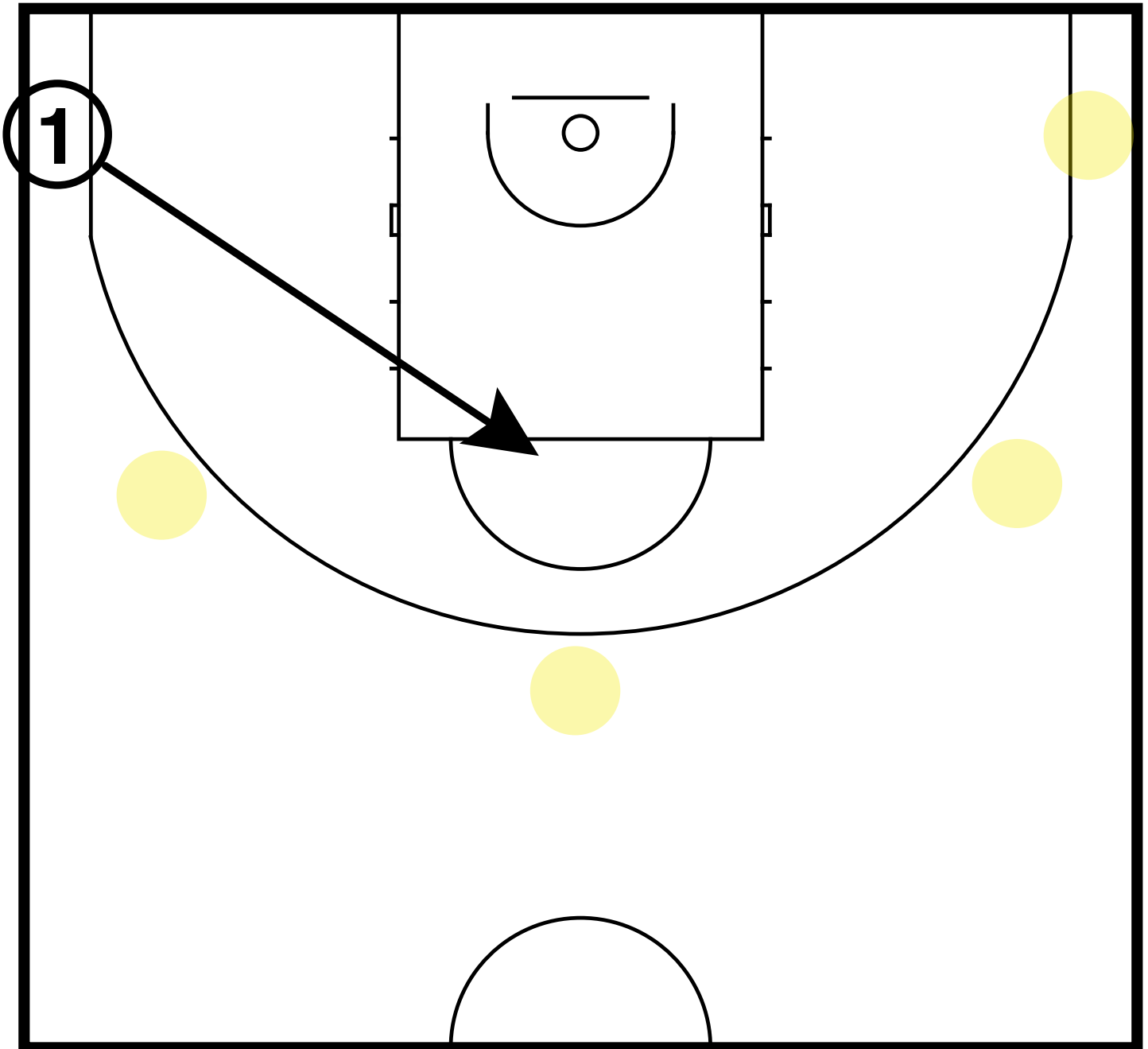


# Shooting drills

## 5 x 1 minute 3's + free throws

Centre of Excellence



Shoot spot 3's from the corner for 1 minute. Once you have finished you have 30 seconds to move to the foul line and shoot two free throws. A missed free throw is - 2 from your score, a make is worth 0.

You will continue with the cycle of 1 minute 3's followed by free throws from 5 spots keeping a cumulative score. eg you make 10 3's in the first minute, miss one of two free throws your score starting the at the second spot is 8.