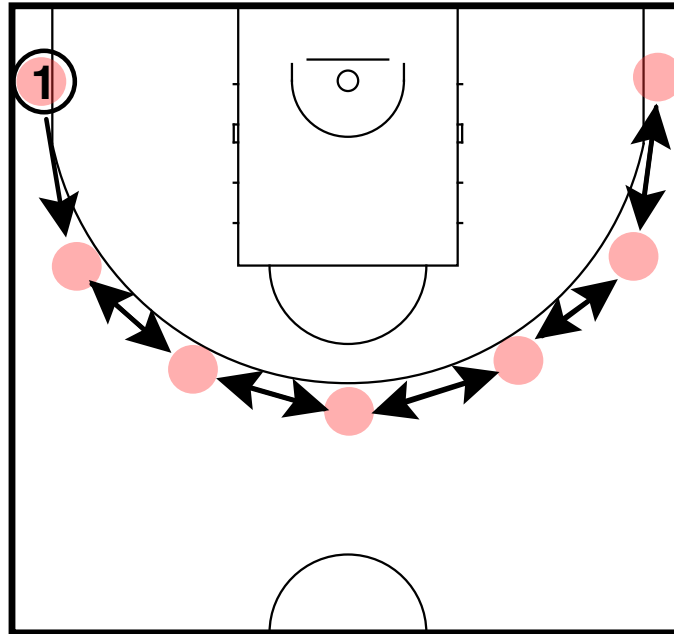


Shooting drills

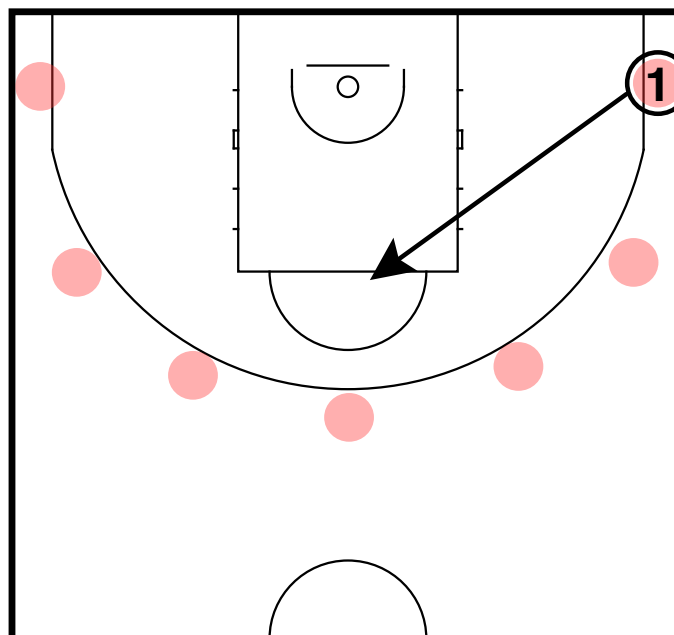
Centre of Excellence

Validation drill - 4min



Start in the corner and shoot, if successful move forward to the 45. Shoot again, if successful move forward, if not move back. Continue the forward or back on makes and misses until you reach the opposite corner.

Validation drill - 4min



Once you have been successful from the opposite corner go to the foul line for one shot to 'validate' your round. If you make the shot it's one point, if you miss you don't receive a point. Continue until the 4 minutes are finished.