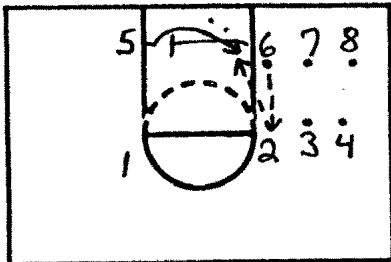
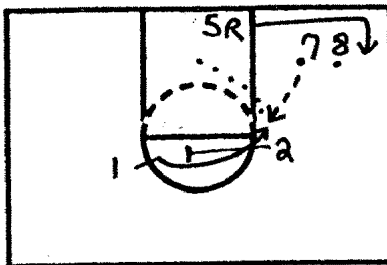


SHOOTING DRILL - POST AND GUARDS

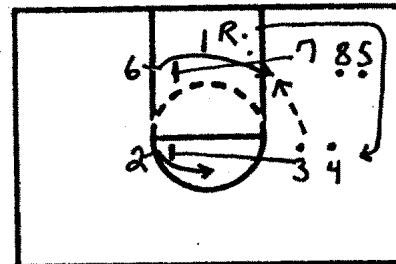
The following shooting drill provides continuous shooting for post and guards. The post player takes shots on the block and the guards shoot at the elbow. The players remain in the same line.



#5, #6, #7, and #8 are post players and #1, #2, #3, and #4 are the guards. #6 passes to #2 and screens across for #5. #5 comes to the block. #2 passes to #5 for the shot.



#5 rebounds and goes to the end of the line. #2 screens across for #1. #1 comes to the elbow. #7 steps up and passes to #1 for the shot.



#1 rebounds and goes to the end of the line. #7 screens across for #6. #6 comes to the block. #3 steps up and passes to #6 for the shot. #3 goes and screens for #2 and the drill continues.

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