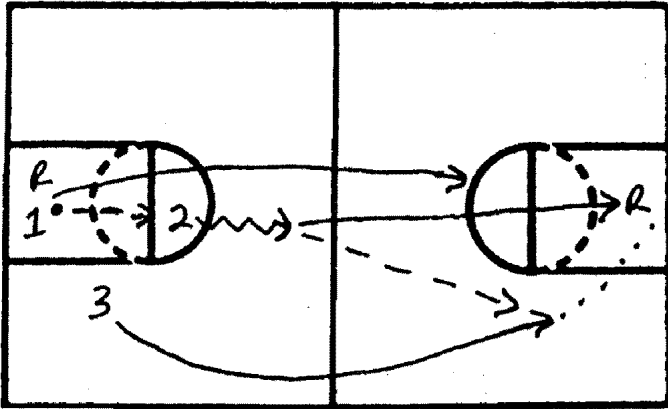
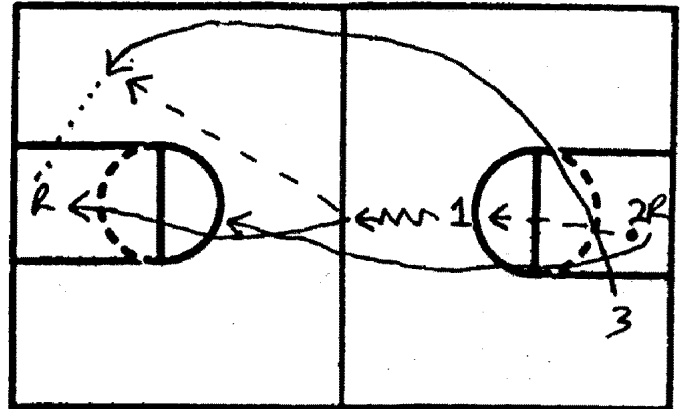


THREE MAN FULL COURT SHOOTING DRILL

The following drill creates full court shooting with a passer, rebounder, and shooter. The team can be divided into groups of threes. They compete against each other with each group going three times and a different player shooting each time.



#1 rebounds the ball and outlets to #2. #2 begins to speed dribble up the court. #3 fills the lane on the fly. #2 passes to #3 who takes the shot. #2 sprints to the basket for the rebound and #1 runs to the circle.



#2 rebounds the ball. #3 crosses and fills the opposite lane. #2 outlets to #1. #1 takes a dribble and passes to #3 for the shot. #1 sprints to rebound and #2 runs to the circle. The players continue until #3 attempts four shots.