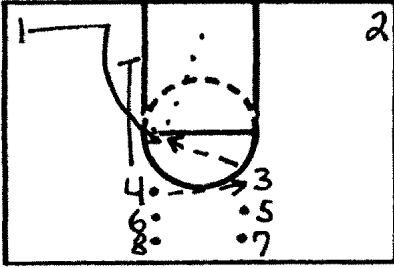
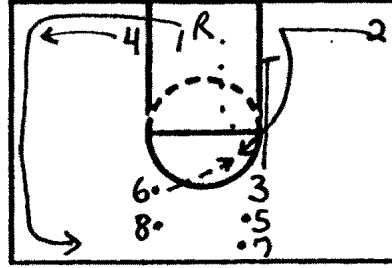


**CONTINUOUS SHOOTING DRILL - I**

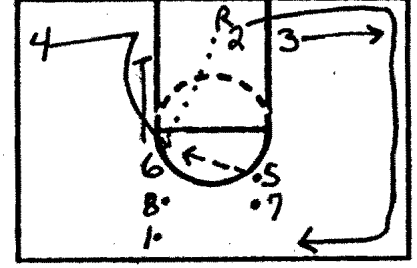
The shooting drill below provides continuous shooting with an organized pattern. A lot of shots can be taken in a short time. Passing, screening, and rebounding are also included. A shot fake and dribble may be added for the shooter.



#4 passes to #3 and screens down for #1. #1 comes to the screen, breaks to the elbow and receives #3's pass. #1 shoots jump shot.



#3 screens down after passing to #1. #2 breaks off screen and receives #6's pass. #2 shoots jump shot. #4 pops to corner. #1 rebounds own shot and sprints to back of line.



#6 screens down after passing to #2. #4 breaks off screen and receives #5's pass. #4 shoots jump shot. #3 pops to corner. #2 rebounds own shot and sprints to back of line. The drill continues.