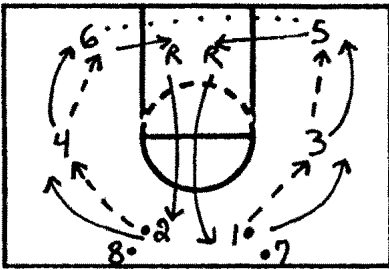
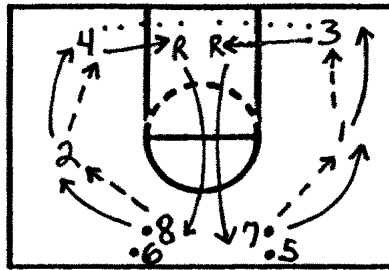


**CONTINUOUS SHOOTING DRILL - II**

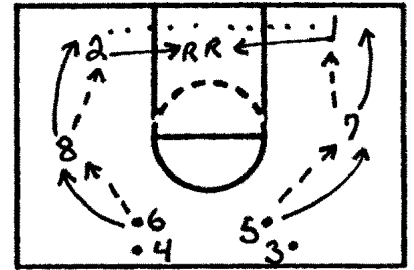
The shooting drill diagrammed below creates continuous movement and shooting. The drill teaches the players to curl into gaps against zone.



#1 passes to #3 and curls behind #3. #2 passes to #4 and curls behind #4. #3 passes to #5 and curls behind #5. #4 passes to #6 and curls behind #6. #5 and #6 take a shot and rebound their made or missed shot. #5 and #6 return to the line on their side.



#7 passes to #1 and curls behind #1. #8 passes to #2 and curls behind #2. #1 passes to #3 and curls behind #3. #2 passes to #4 and curls behind #4. #3 and #4 take a shot and rebound their made or missed shot. #3 and #4 return to the line on their side.



The pattern continues. A shot fake or pass fake can be added. The drill may be reversed with starting the ball on the baseline and taking the shot at the top.