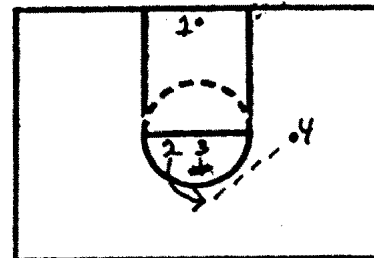
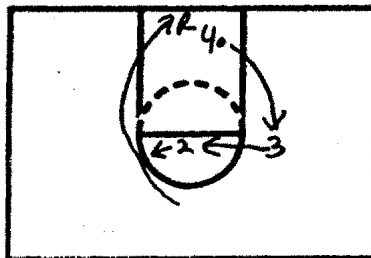
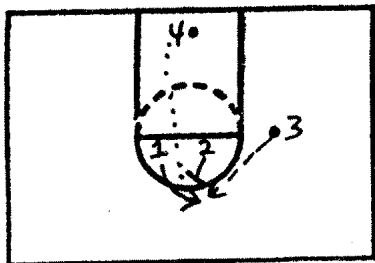


### CONTINUOUS JUMP SHOT DRILL WITH DEFENSE

The following drill provides continuous jump shots with defense. The drill utilizes four players and two balls. The drill can also simulate zone shots and one-on-one moves.



#3 and #4 have a ball. #3 is on the wing and #4 is under the basket. #1 and #2 are on the foul line. #1 pops to the top of the circle and #3 passes to #1. #2 contests #1. #1 may take a shot or go one-on-one.

After shooting #1 sprints to the basket for the rebound. #2 slides over to replace #1. #3 comes to the foul line and replaces #2. #4 sprints out to replace #3. This rotation follows each shot.

#2 pops to the top of the circle and #4 passes to #2. #3 contests #2. #2 may take a shot or go one-on-one. The defense can be token or live.