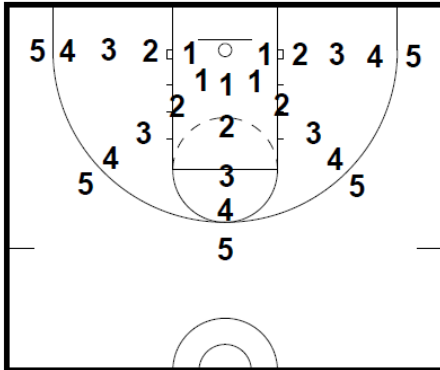




**Ray Allen 2 Minute Shooting Drill**  
**from the Shooting Lab**  
**by PGC Basketball**  
**[www.pgcbasketball.com](http://www.pgcbasketball.com)**

Ray Allen 2 Minute Shooting Drill



- There are 5 ladders on the floor - right baseline, right wing, middle, left wing, and left baseline
- Players begin shooting at 1 on each ladder
- If a player misses a shot while moving up the ladder, they must start over at 1
- The goal is to complete all 5 ladders in 2 minutes or less