Ray Allen 2 Minute Shooting Drill
from the Shooting Lab
by PGC Basketball
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- 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