3 Minute Shooting

3 Minutes on Clock -- 30 Seconds per Spot

Move after every shot
x1 rebounder, x2 passer, 2-3 balls
Arc 1: 15’ - corner to wing (2pts each)
Arc 2: 3pt - corner to wing (3pts each)
Arc 3: 15’ - elbow to elbow (2pts each)
Arc 4: 3pt - slot to slot (3pts each)
Arc 5: 15’ - corner to wing (2pts each)
Arc 6: 3pt - corner to wing (3pts each)

GOAL --- 100 points

VCU High Score - 131
Beat the Pro

NO Time Limit

x1 = passer/rebounder

Player starts with a FT. After shooting FT, he will go elbow-to-elbow for mid-range jumpers. Each make is worth 1 point and every miss is worth 2 points for the pro.

GOAL = Make 11 shots before you miss 6 shots.
Evans Drill

**No Time Limit**

Shooter shoots from 5 spots on the floor. Make as many shots as possible from each spot before you miss two shots in a row. Keep track of your makes.

**Good Shooter - 100 makes**

**Elite Shooter - 120 makes**

**VCU High - 124 makes**
**Game Winner**

**Frame 1**

2:00 minutes on the clock

- x1 = passer
- x2 = rebounder

Total of 28 made shots

Shooter starts at 1. In order to move on to the next spot, the shooter must make 2 shots in a row. The shooter moves to their left. When they get to 7, they must make 2 in a row two times before going back to 6 and continuing on to 1.

**GOAL** - 28 made Mid-range jump shots in under 2:00 minutes

**Frame 2**

2:20 on the clock

- x1 = passer
- x2 = rebounder

Shooter starts at 1. In order to move on to the next spot, the shooter must make 2 shots in a row. The shooter moves to their left. When they get to 7, they must make 2 in a row two times before going back to 6 and continuing on to 1.

**GOAL** - 28 made 3 point shots in under 2:20
Plus/Minus Shooting

NO Time Limit

\[ x_1 = \text{passer} \]
\[ x_2 = \text{rebounder} \]

From any number of spots on floor, shooter picks a number to reach. Every made shot is worth 1 point. Every missed shot is -2 points. If the shooter reaches the negative value of their goal (ie: Goal is +7 then losing number is -7), they lose and a penalty is enforced.

\text{GOAL for Good Shooters} = +12
\text{GOAL for Great Shooters} = +15