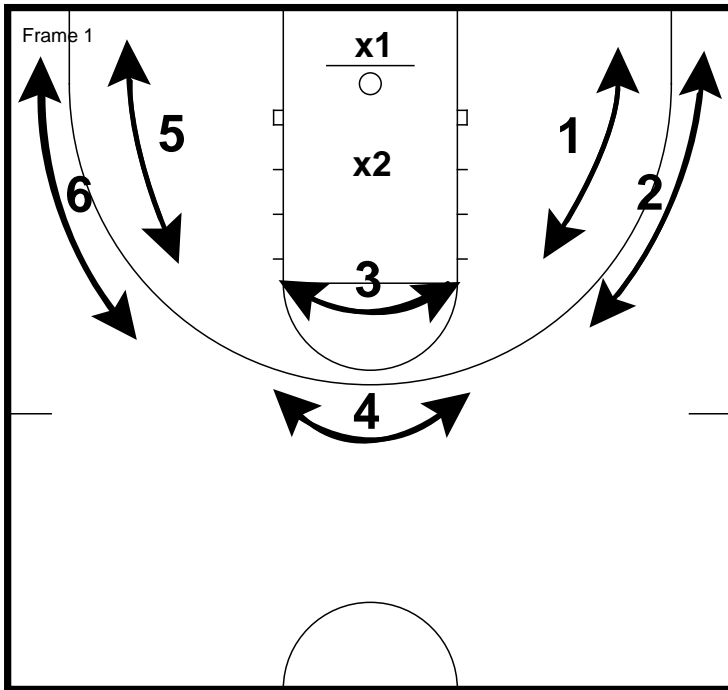


3 Minute Shooting



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)

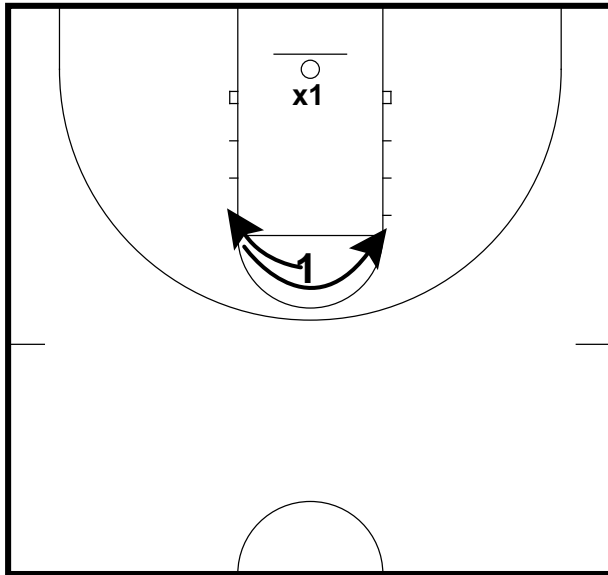
Arc 6: 3pt - corner to wing (3pts each)

GOAL --- 100 points

VCU High Score - 131

Beat the Pro

Frame 1



NO Time Limit

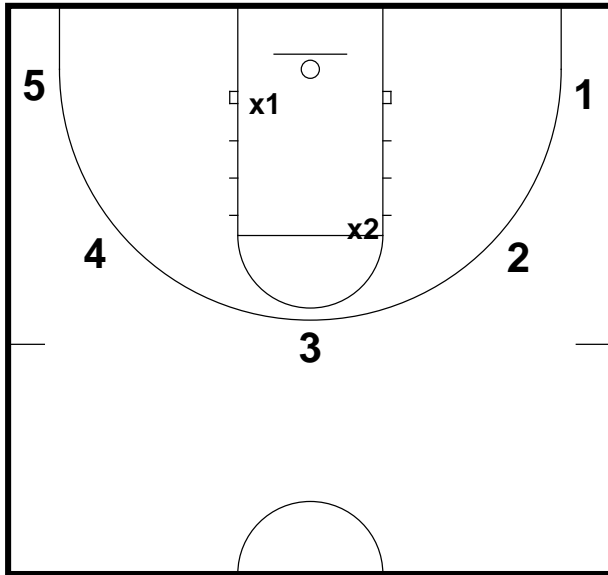
x1 = passer/rebounder

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

Frame 1



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.

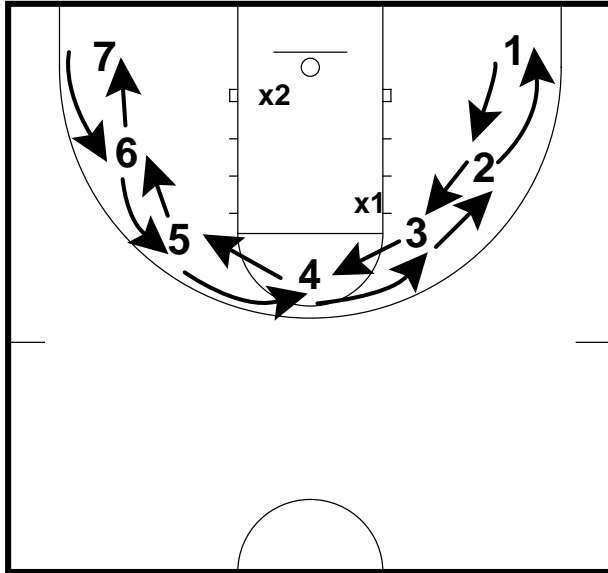
Good Shooter - 100 makes

Elite Shooter - 120 makes

VCU High - 124 makes

Game Winner

Frame 1



2:00 minutes on the clock

x1 = passer
x2 = rebounder

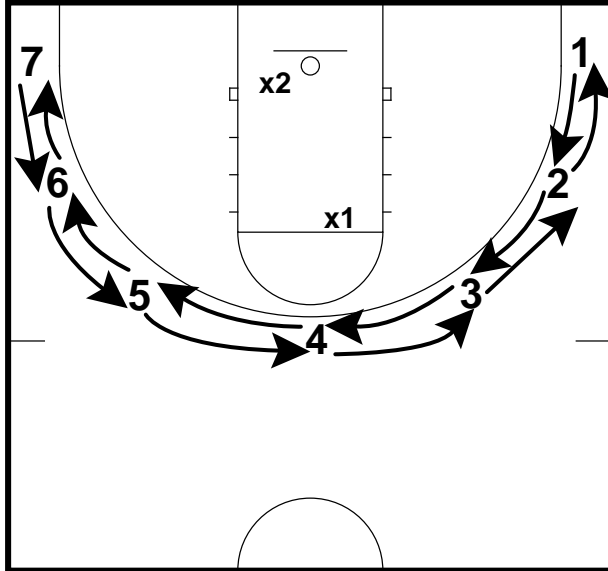
Total of 28 made shots

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

Game Winner

Frame 2



2:20 on the clock

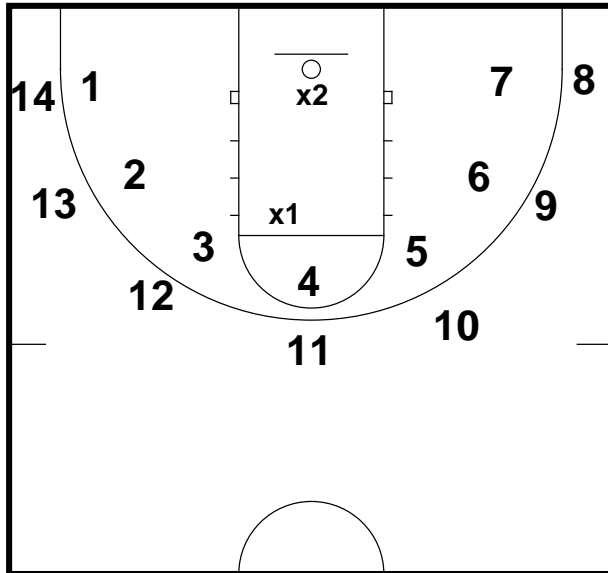
x1 = passer
x2 = rebounder

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

Frame 1



NO Time Limit

x1 = passer

x2 = 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.

GOAL for Good Shooters = +12

GOAL for Great Shooters = +15