

Seven Spot Four Streak

- Start in the corner in shot-ready position. You will shoot spot-up jump shots from seven spots on the court. (Corner, Wing, Slot, Top, Slot, Wing, Corner)
- You have to make four shots in a row to move on to the next spot.
- After making four shots in a row from all seven spots, you have to make seven shots in a row (one from each of the seven spots) to finish the drill in as little time as possible.

