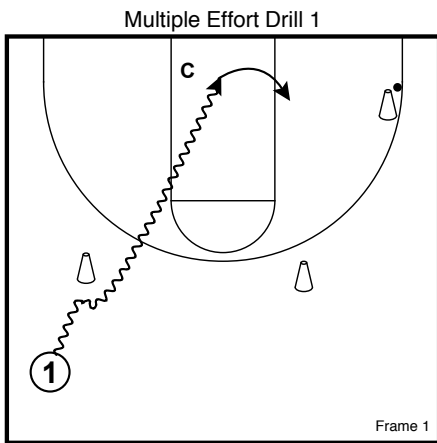
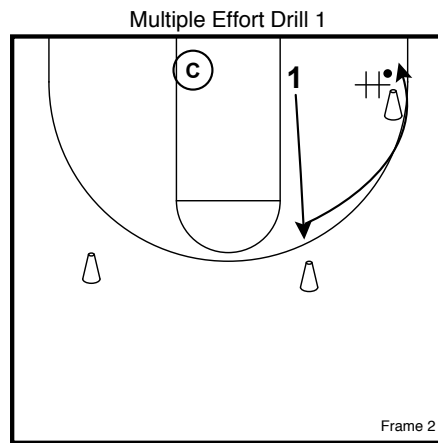


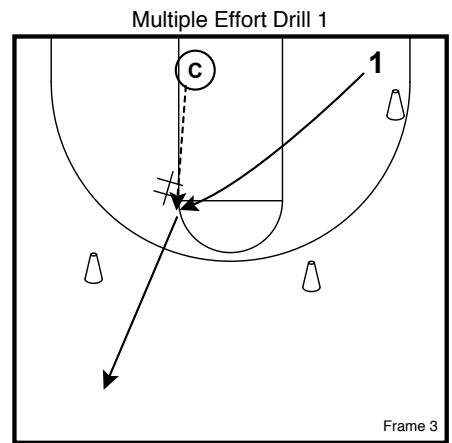
Multiple Effort Offensive and Partner Scoring Drills



Player attacks the rim for a lay-up working on finishing in numerous ways



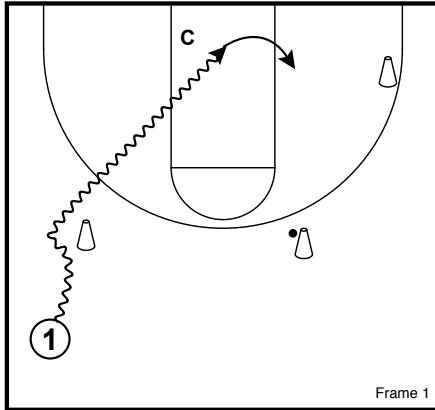
Player then closes out to the cone/chair at the elbow. Then does a defensive slide to the corner with his back to the basket. Then takes a shot off of the cone/chair with a ball placed on it.



After taking a shot, the player must race to receive pass from the coach for his third shot. The drill ends when the player races back on defense to half court

Multiple Effort Offensive and Partner Scoring Drills

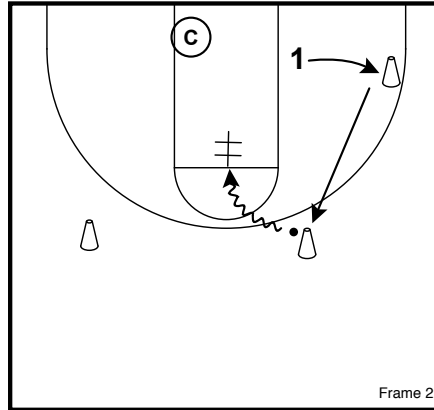
Multiple Effort Drill 2



Frame 1

Player attacks the rim for a lay-up working on finishing in numerous ways

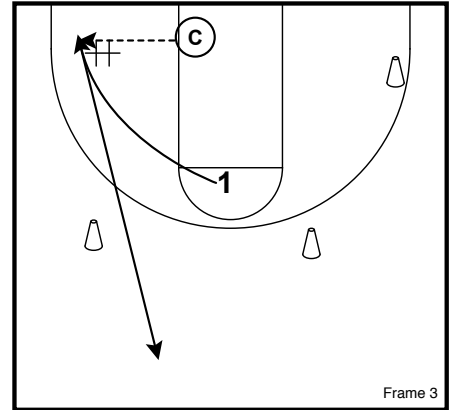
Multiple Effort Drill 2



Frame 2

Player then closes out to the cone/chair on the wing. Then does a defensive slide to the cone/chair with his back to the basket. Then takes a pull-up jump shot off of the cone/chair with a ball placed on it.

Multiple Effort Drill 2

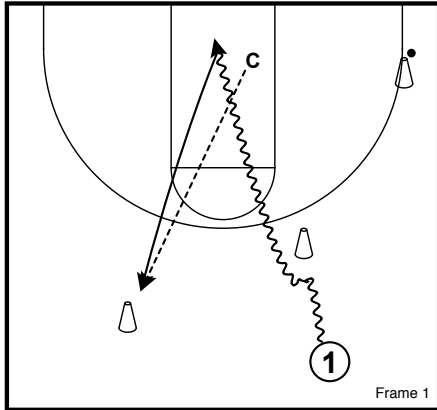


Frame 3

Player sprints to the wing to steal the pass from the coach and takes the jump shot. After the shot must sprint back to half court

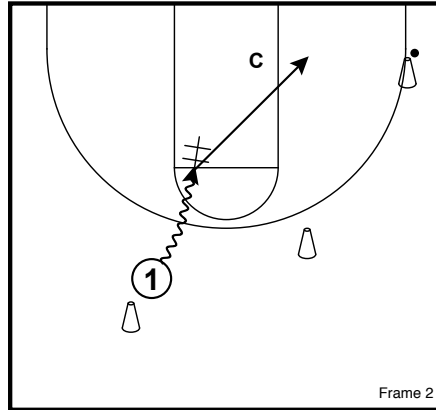
Multiple Effort Offensive and Partner Scoring Drills

Multiple Effort Drill 3



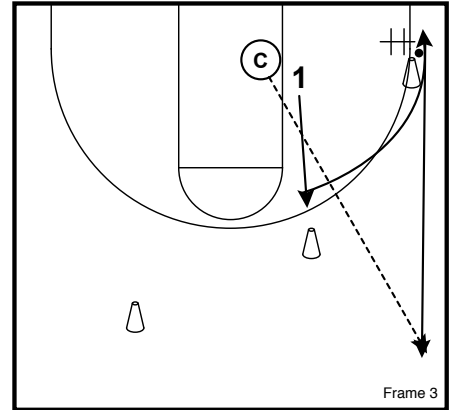
Player attacks the rim for a lay-up working on finishing in numerous ways

Multiple Effort Drill 3



Player then attacks the elbow for a pull up jump shot

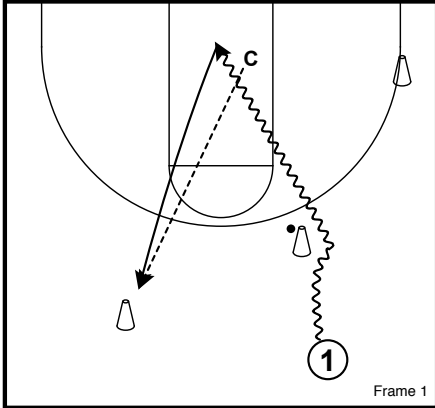
Multiple Effort Drill 3



Player then closes out to the cone/chair at the elbow. Then does a defensive slide to the corner with his back to the basket. Then takes a shot off of the cone/chair with a ball placed on it. Then must run back to half court to receive the pass from the coach.

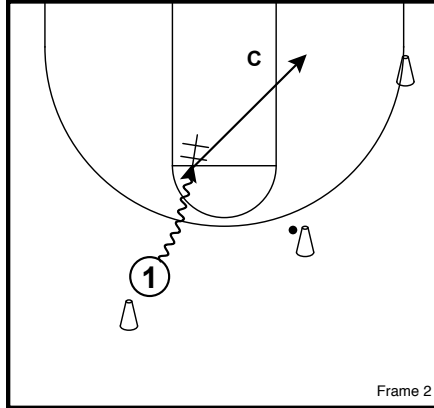
Multiple Effort Offensive and Partner Scoring Drills

Multiple Effort Drill 4



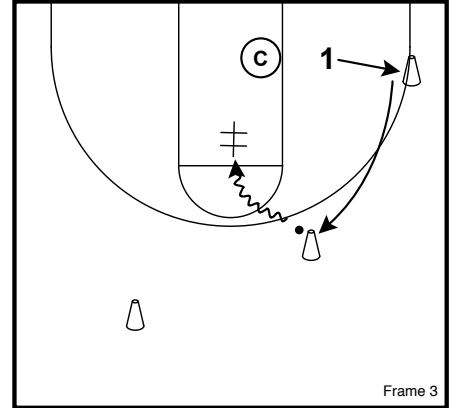
Player attacks the rim for a lay-up working on finishing in numerous ways

Multiple Effort Drill 4



Player then attacks the elbow for a pull up jump shot

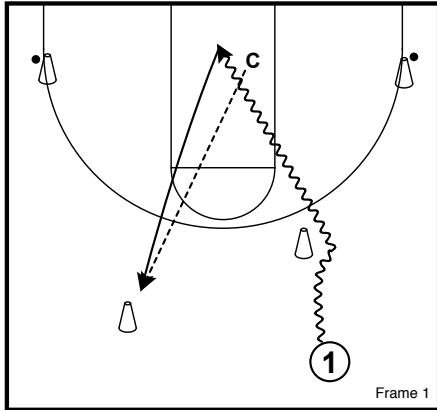
Multiple Effort Drill 4



Player then closes out to the cone/chair on the wing. Then does a defensive slide to the cone/chair with his back to the basket. Then takes a pull-up jump shot off of the cone/chair with a ball placed on it.

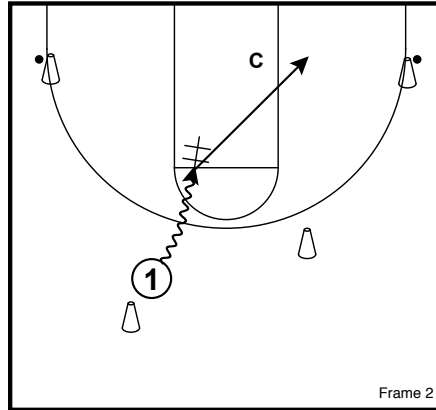
Multiple Effort Offensive and Partner Scoring Drills

Multiple Effort Drill 5



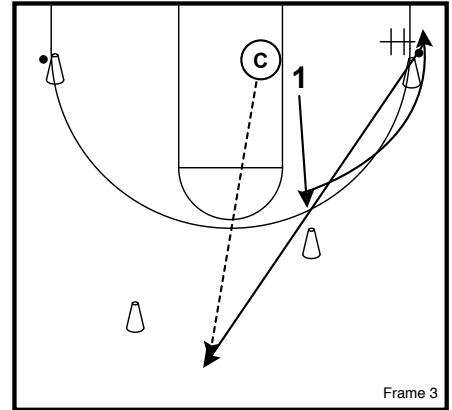
Player attacks the rim for a lay-up working on finishing in numerous ways

Multiple Effort Drill 5



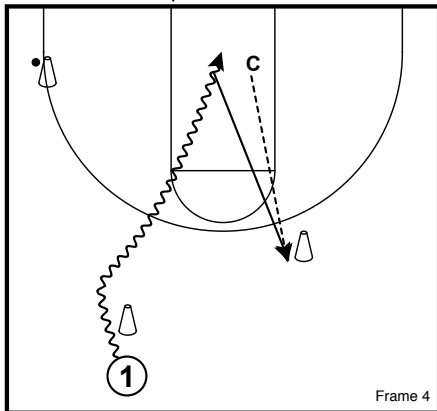
Player then attacks the elbow for a pull up jump shot

Multiple Effort Drill 5



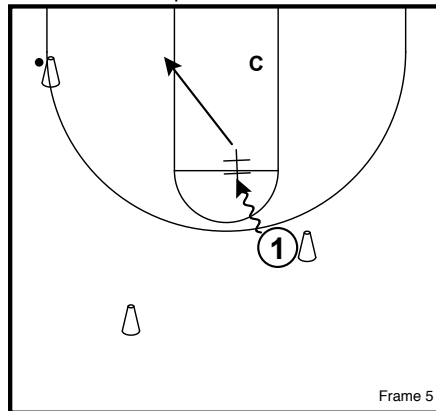
Player then closes out to the cone/chair at the elbow. Then does a defensive slide to the corner with his back to the basket. Then takes a shot off of the cone/chair with a ball placed on it. Then must race back to half court to receive a pass from the coach

Multiple Effort Drill 5



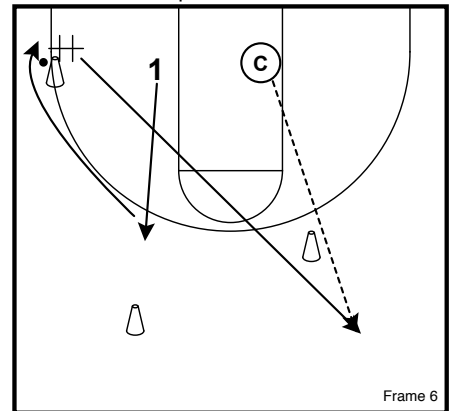
Player makes a dribble move and attacks the rim. Then must immediately sprint to intercept the pass from the coach

Multiple Effort Drill 5



Player then attacks the elbow for a pull up jump shot

Multiple Effort Drill 5



Player then closes out to the cone/chair at the elbow. Then does a defensive slide to the corner with his back to the basket. Then takes a shot off of the cone/chair with a ball placed on it. Finally, the player races back towards half court to receive the pass back from the coach