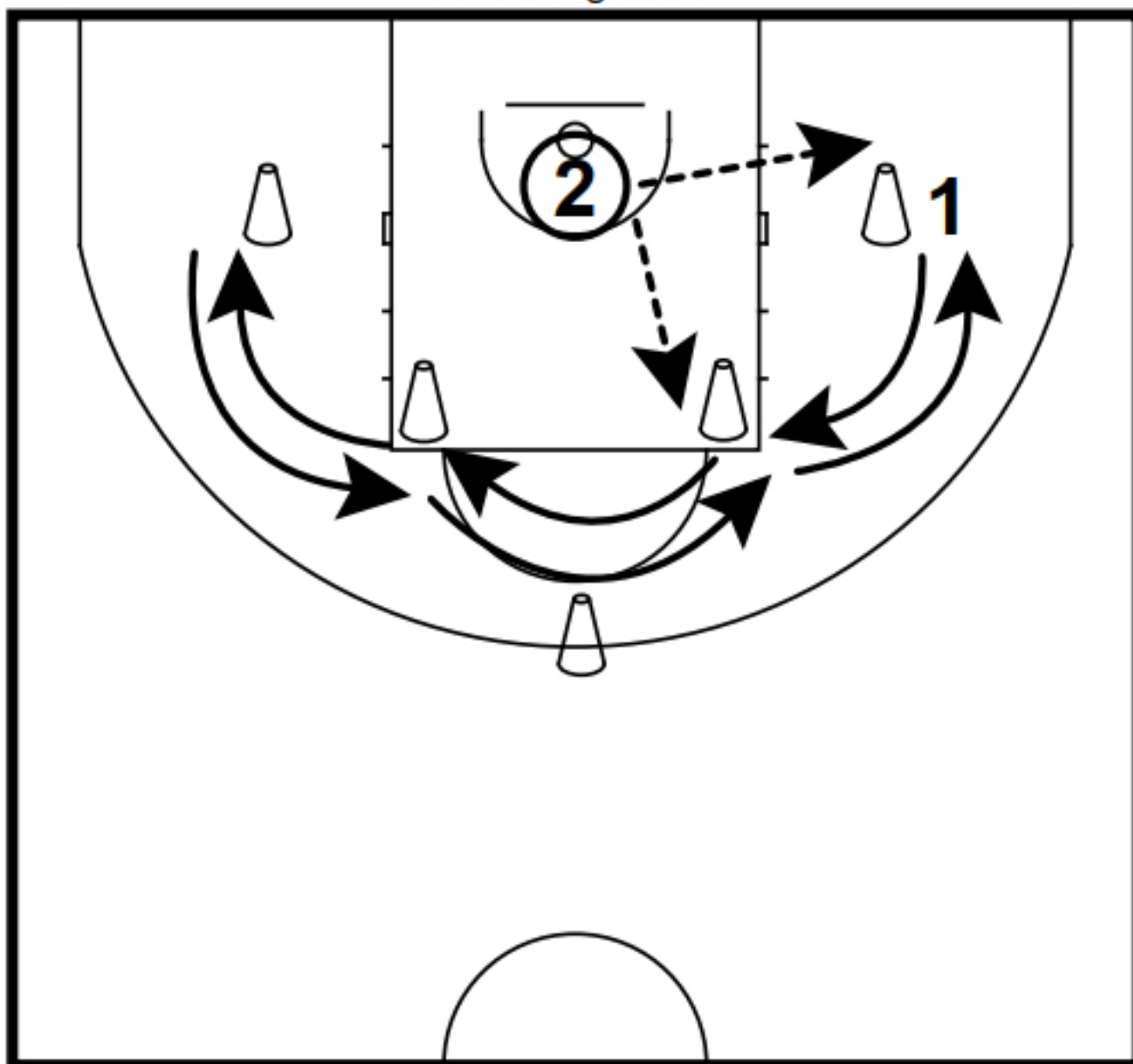
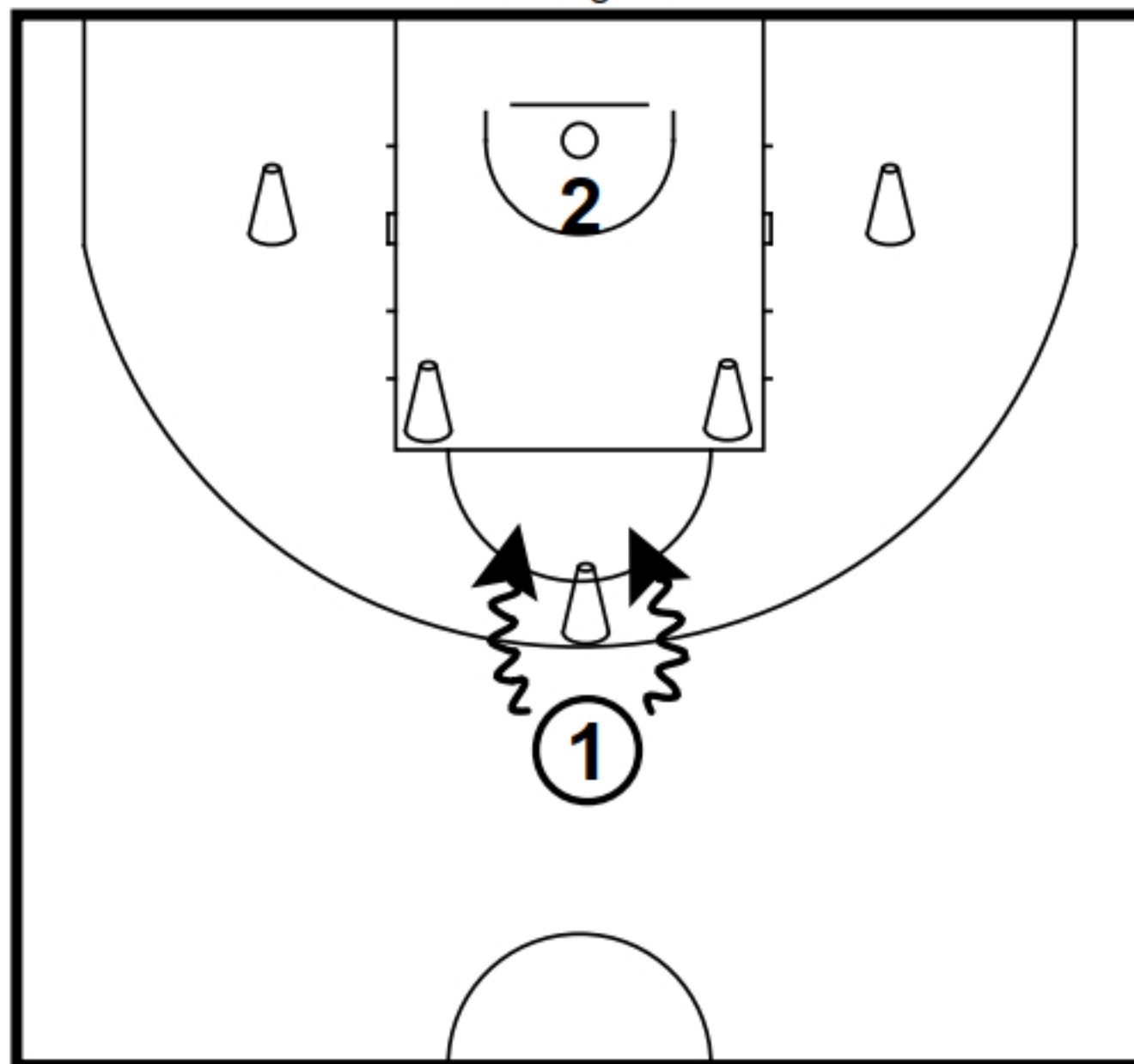


2 min Shooting Tempo Drill Shooting Drills



First 30 sec: Corner to elbow catch shoot
Second 30 sec: Elbow to elbow catch shoot
Third 30 sec: Elbow to corner catch shoot

2 min Shooting Tempo Drill Shooting Drills



Last 30 seconds - catch on 3p line middle, 1 dribble pullup.
Alternate drive left-right, every time.

GOAL: In 2 min total - 24 makes minimum (raise the minimum level up to 30 as players advance)