



## 5 SPOT SHOOTING "3's" (20/Spot)

1. Get a partner to rebound for you
2. Shooting only 3s (Catch and shoot)
3. Pick one of the 5 spots and shoot 20 consecutive shots at that spot.
4. Repeat at the other 4 spots

**Tips:** Footwork, Balance, follow through, consistence in your form.

**Footwork options:** Stationary, stride step, bunny hop.