



## 12 MINUTE SHOOTING

1. Get a partner to time you and chart your makes and misses.
2. Shooting only 3s
3. Rebound it yourself, dribble out/sprint the ball to 3-point line and shoot again.
4. Shoot from all around the arc.
5. Repeat for 12 minutes.
6. Make as many as you can in 12 minutes.

**Tips:** Footwork, Balance, Urgency rebounding, Cardio.

Have your partner draw out a half court on a piece of paper and chart your makes (o) and misses (x)

Draw 4 courts: use each court as quarters every 3 minutes.