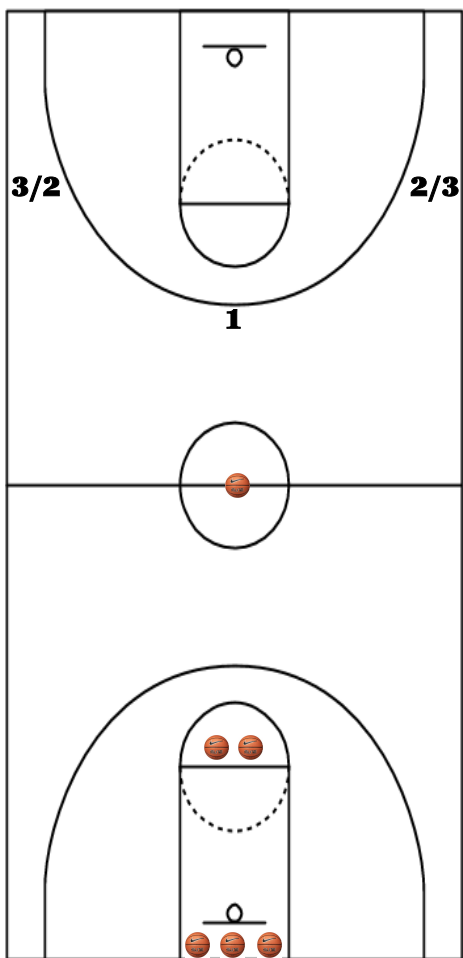




3-6-9-12-15

This is another “eliminator drill” in that some who attempt will not even make it to the end round. Place one ball at half court, two at opposite FT line, and three balls on the opposite end-line. Round 1 is the 3. Shooter begins at half-court line where the one ball is and sprints into her shot at top of the key. Make or miss moves to one of the wings for shot 2 and then the opposite wing for shot 3. After that shot, the shooter attempts a FT and rest for 15 seconds. Round 2 (the 6) immediately starts after the rest with the shooter attempting shot 1, 2, and 3 again. After shot 3, the shooter must sprint around the number of balls that corresponds to how many shots she missed of those 3 attempts. One miss and she goes around one ball at half court, two misses around the two balls at FT line, and all three balls on end-line if missed all three shots. In any round that no shots are missed, the shooter simply goes back to the top of key without running around any balls. When 6th shot is attempted, she then goes to the FT line and 30 seconds of rest. The 9 round consists of three trips and ends with 45 seconds of rest. Four trips for 12 attempts with 60 seconds rest. Final round is 5 trips and 15 shots before attempting last FT and completing the drill. We are charting every made 3 and every made free throw. A total of 50 shots will be attempted.



This drill will challenge the elite of the ELITE. At the very least, this drill becomes a great conditioning drill. This can be done with one passer/rebounder/charter.

GAME SHOT



GAME SPOT



GAME SPEED



**This drill rates the highest in all areas of GS/GS/GS.

The rest between cycles is figured by multiplying the number of shots in the round by 5 seconds.

Green Light Standard:	38 makes
Plum Standard:	42 makes
Record Standard:	47 makes