

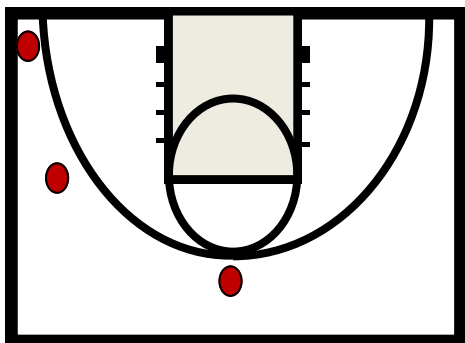
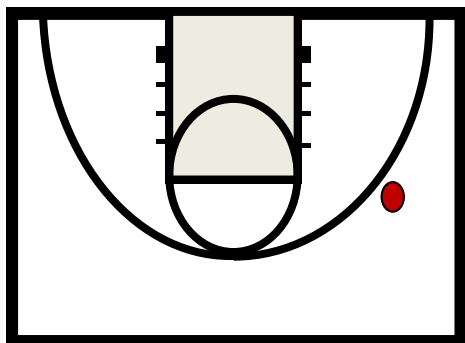
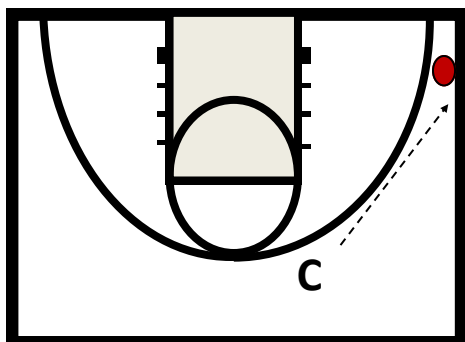


# AND 1 Shooting

Thankfully this is NOT a drill where players drive the ball to the basket, sling up a ridiculous, non-game shot, and scream AND ONE!!!

It is, however, a great drill to again help separate your Shooters from your Makers. Put 1:00 on your clock. Begin the time when the first shot is made from the corner. On a make shooter moves to the wing until she makes a shot. To the top of key until a shot is made. Move to opposite wing after a make and then finish with a make in the corner opposite from where drill began. Stop the time on the last made shot to complete the first round.

Add one minute to the remaining time for round two. In round two, shooter must make two shots in a row from the spot before moving to next.



If another round is completed, add 1:00 to any remaining time. 3 makes in a row for round 3, 4 in round 4, and so on until 0:00 shows on the clock.

**GAME SHOT**



**GAME SPOT**



**GAME SPEED**



This drill rates the highest in all areas of GS/GS/GS. Since there is a time element involved, it's very important that you have the same number of rebounders and passers available for each shooter attempting the drill.

Green Light Standard:                      Make to Round 4

Plum Standard:                                Make to Round 6

Record Standard:                             First spot of round 8