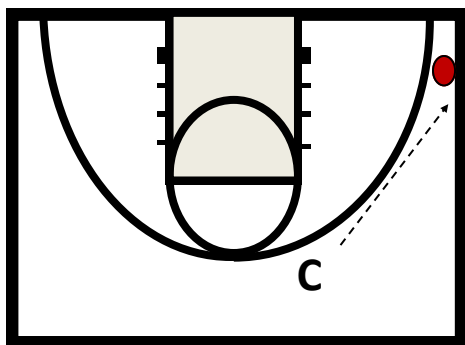




Beat the Pro

Have your shooter choose their favorite Pro. Sue Bird. LeBron. A teammate. Doesn't matter who, but make them choose. This will be their opponent. We shoot from our main three point spots... Corners, 45s, and Top... This is a stand in one spot and shoot drill. There are some elements of game like pressure but again we are looking for consistent shot form and release points and angles. Shooter attempts first shot. A make is one point for them, a miss is 3 points for their PRO. Game is to 21. So, a shooter must make 21 shots before the miss 7. $21/28=75\%$ (unguarded) It's a best of five series against their pro. Win three and they Beat their Pro.

Once a shooter can consistently beat their pro, have them go by 4s on a miss. Now they must go 21/27...



As the Elite shooters continue to had confidence, increase the difficulty by giving the pro an extra point on misses.

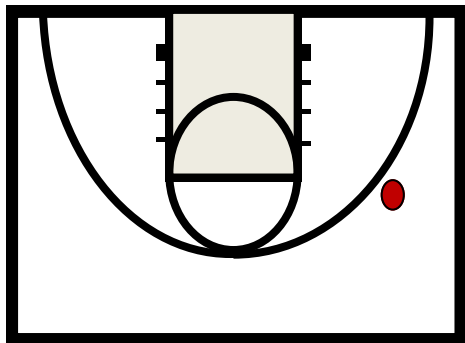
GAME SHOT



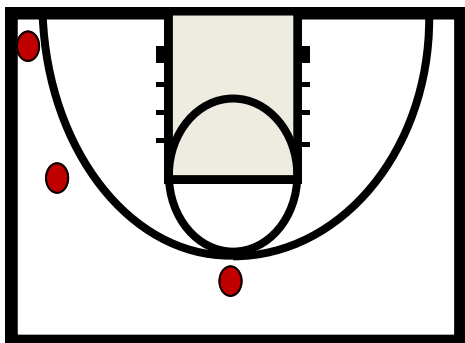
GAME SPOT



GAME SPEED



This drill has no time element so you can do with one passer/rebounder if necessary.



Green Light Standard: Beat the Pro

Plum Standard: Beat the Pro (by 7s)

Record Standard: 5-0 vs the Pro (by 7s)

(Have seen 21 straight makes!)