



Shooting the Star

We put a new twist on an old classic... STAR SHOOTING

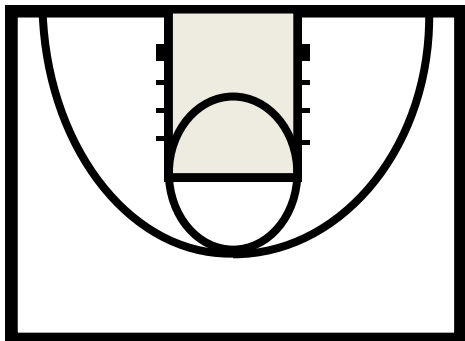
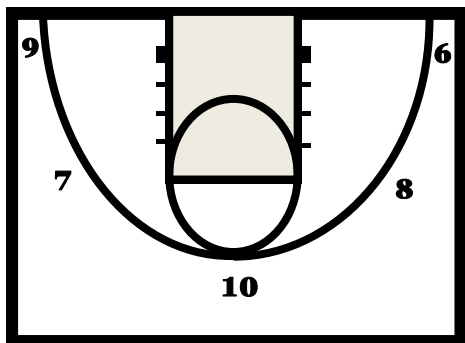
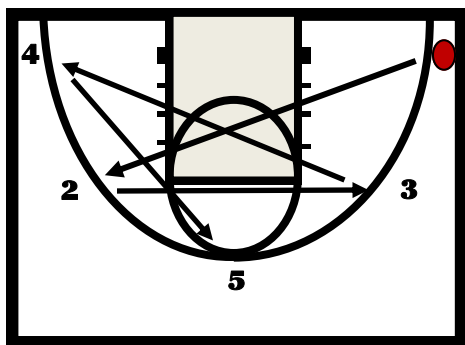
This a ten shot drill that when the players path is diagrammed, it forms a star.

Player shoots from the corner, sprints to opposite wing for shot 2, to the other wing for shot 3, to opposite corner for shot 4, finally to top of the key for shot 5.

Back to the starting corner for 6 and repeat the pattern of wing, wing, corner top to finish with 10 shot attempts.

We start the time as soon as she releases first shot and stop on release of shot 10.

We then take the total time and subtract three seconds for each made shot out of the ten. The goal is to finish with the lowest possible time.



Shooters must move quickly and efficiently to complete the pattern and still make as many shots as possible.

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:	Under 5.00
Plum Standard:	Consistently under 5.00
Record Standard:	-0.14 seconds