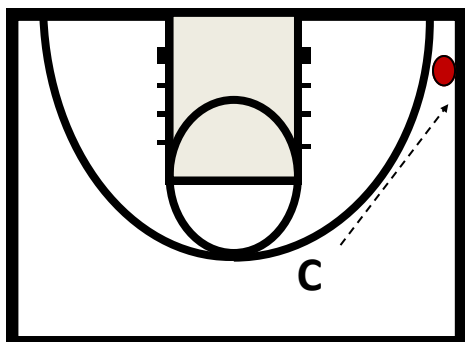




Sue Bird Shooting

Shooter begins in corner. We will attempt 10 three-point shots. If she makes 7 or more, she moves to the next spot on the wing. If she makes 6 she stays at the same spot. If she makes 5 or fewer she moves backward a spot. We shot corner-wing-top-wing-corner. *If she does not make 5 at the first spot, she remains there, as there is no spot to move backward to.

Time begins on the first made shot at spot 1 and continues until all spots are completed. Some players may not be able to finish this drill. That's okay... and in fact it's a GREAT thing. It will help you define the players on your team who should have the Green Light even more.



One passer and one rebounder recommended, but since this drill has no time element, it's not mandatory to keep circumstances exactly the same.

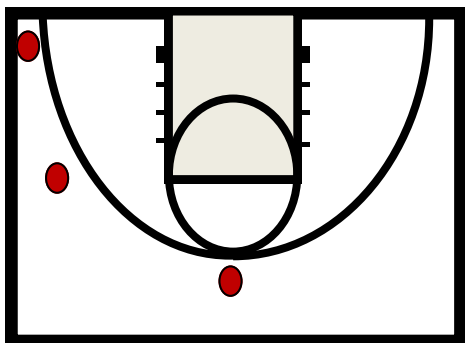
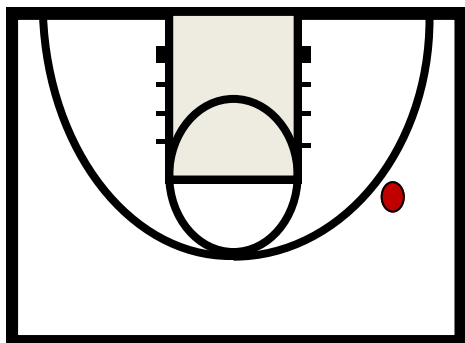
GAME SHOT



GAME SPOT



GAME SPEED



This drill works on our game shots from game spots very well, but is relatively low on the game speed chart.

This drill brings value in repetition and seeing the ball go in consistently for a Green Light Shooter.

Green Light Standard: Complete the drill

Plum Standard: Complete under 3:00

Record Standard: 2:21