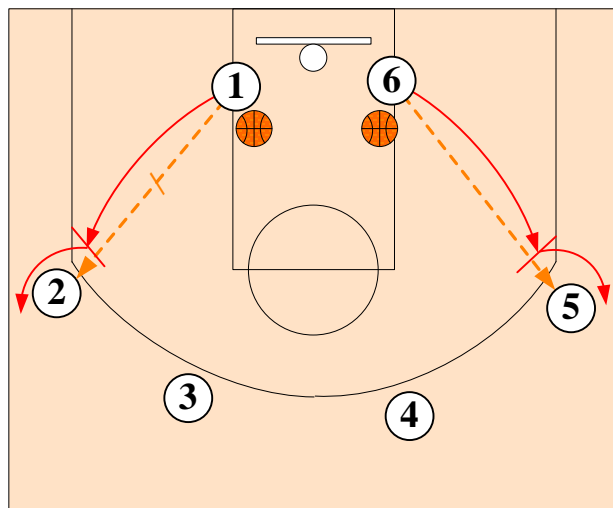


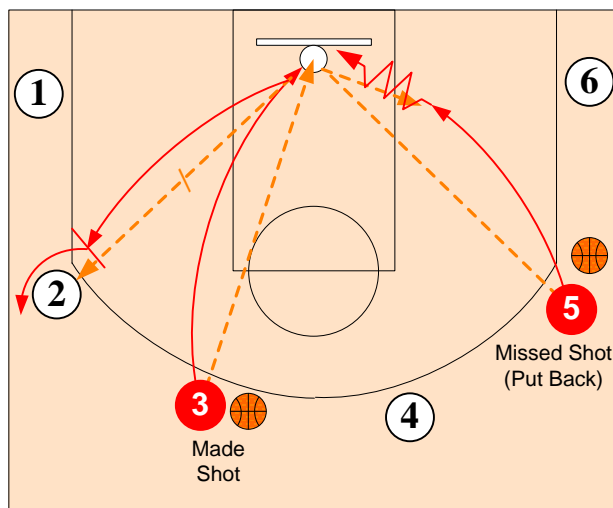
## “Seven’s” – Outside Shooting

“Seven’s” is a fun competitive outside shooting and free throw drill. Players are divided up into two groups with one group at each end of the court. Two players with basketballs start on the “Blocks” in front of the basket. The remained of the players take positions around the three point line. Spot up receivers must have hands up, ready to shoot and call for the ball.

**Rule: Passers should never pass to a player who does not want or call for the ball. This will eliminate unforced turnovers!**

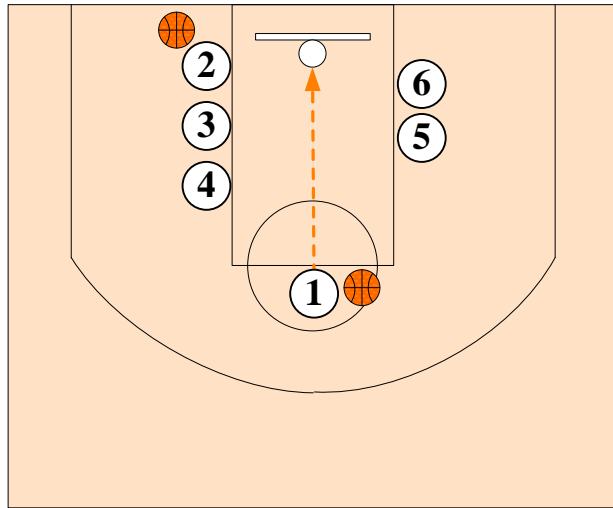


On the start signal, players with the ball pass out to a player spotting up for shot. Passers follow their passes and close out on the shooter using chatter steps and having both hands high. They then take the shooter’s spot.



Shooter’s shoot and follow their shots. If the shot is made, it counts one point. After rebounding the made shot, the shooter passes directly out to another spot up shooter and closes out. However, if the shot is missed, the shooter must rebound the ball and make a putback shot prior to passing the ball out to the next shooter. No points are awarded on missed shots.

Note: Only three point shot count. If a shooter steps on the three point shot line, the shot does not count.



Once a team accumulates seven (7) made outside shots, one of the players goes to the free throw line and shots until they make two consecutive free throws. Once the two consecutive free throws are made, the players spread out and the drill continues until another seven (7) outside shots are made with a different player going to the free throw line. The first team to have all their players make two consecutive free throws wins.

Losers do ten (10) pushups. Enjoy!

This drill can be also be performed by an individual player. It can be a real grueling workout.