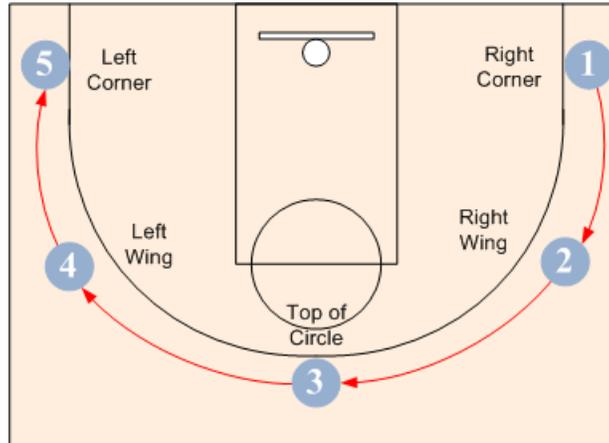
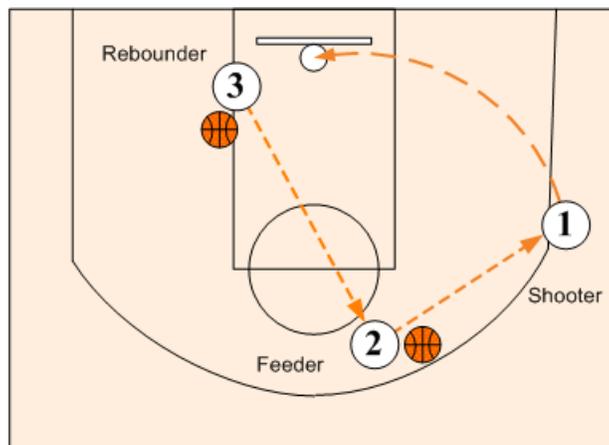


“Ten (10)” – Outside Shooting Drill

“Ten” is a great shooting drill to build shooting concentration, consistency and confidence. The goal is to make ten shots from each spot on a circuit around the three point line. In making ten shots from a spot, any time the shooter misses two consecutive shots their score goes back to zero. This will create added emphasis and pressure in making shots, especially when the number of made shots reaches 8 or 9. Shooter progresses clockwise around the circuit.



This shooting drill can be performed individually or with a single rebounder. However, it is most efficient using two balls along with a rebounder and feeder.

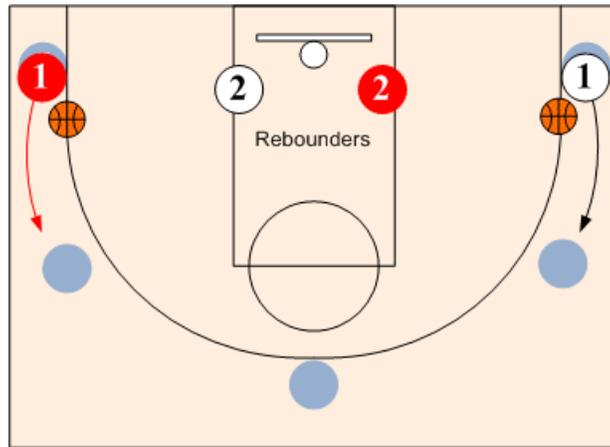


Once a player score gets to 10, the players rotate positions with the shooter going to rebounder, rebounder to feeder, and feeder to shooter. When all three players get to 10, they rotate to the next shooting spot.

Caution: To improve shooting skills, it is vital that every shot is to be made. Bad shooting habits can be practiced as well as good ones. Insist on perfection. There is a big difference in shooting 500 shots and making 500 shots.

Variation 1: Shooters go around the circuit both clockwise and counter clockwise directions.

Variation 2: Make the drill competitive.



Players pair up on two to a team with one player starting out as the shooter and the other player a rebounder. Shooting and rebounding roles can be alternated either after reaching 10 or after a single shooter completes the entire circuit. For quicker games, reduce the score from 10 to 2 – 5 shots as time and abilities allow. The rule that any time a player misses two consecutive shots, their score goes back to zero still applies.

Losing players do ten (10) pushups. Enjoy!