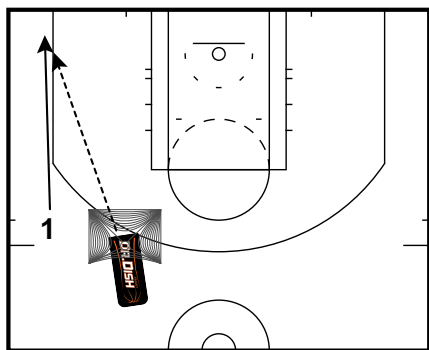
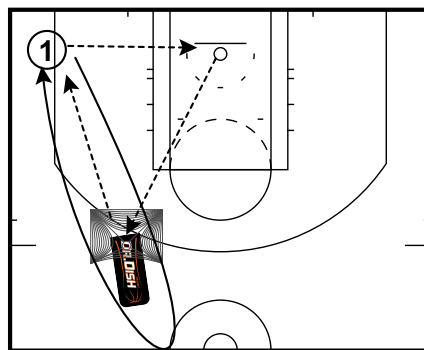


Gun Shooting Drills

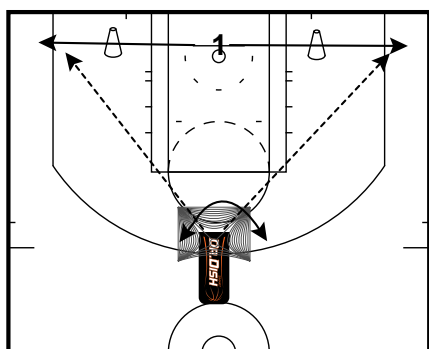


Corner Break

Player Sprints to the corner and catches pass.



Player shoots, get his rebound, pitches the ball back into the net and sprints to the corner for his next shot.

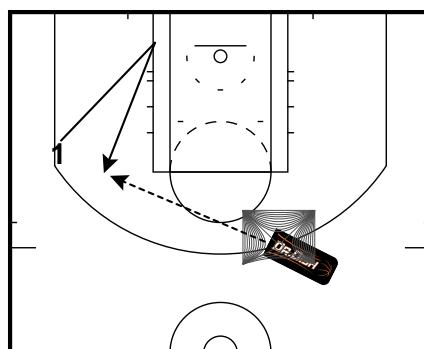


Corner Pins

Machine on "Rotate" to 2 spots.

Player cuts corner to corner and receives the ball for a shot, simulating corner pin cuts. Cones represent screens.

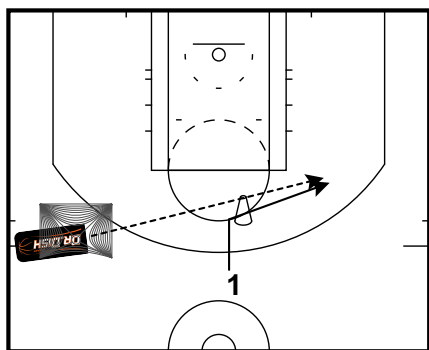
Shooter rebounds and pitches the ball back into the net for the next shot.



V Cuts

Shooter starts on the wing, makes a V-Cut, receives pass for his shot.

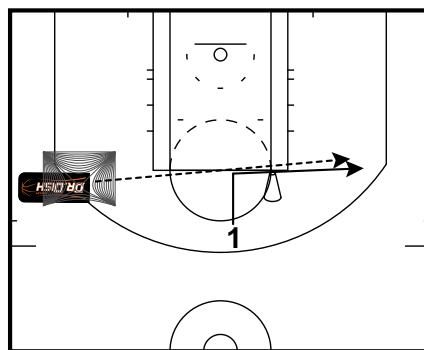
Shooter gets his rebound, throws it into the net and resets for the next rep.



Flares

Shooter dives down to the screen and flares to the wing, catches pass for a shot. Cone represents the screen

Shooter gets his rebound, throws it into the net and resets for the next rep.

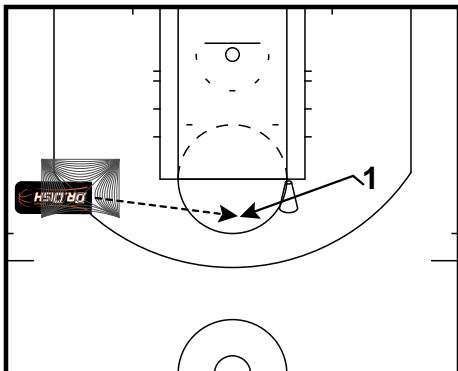


Flare/Slice Combo - Frame 1

Load up the basket, or feeder rack, with balls

Shooter flare cuts and receives ball for the shot.

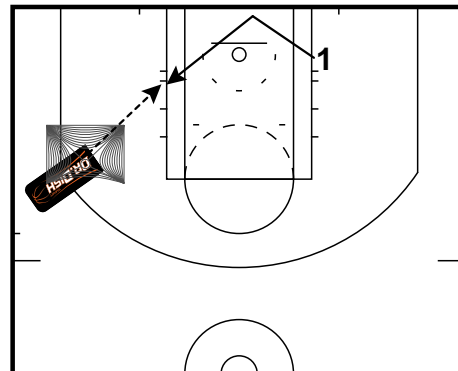
Gun Shooting Drills



Flare/Slice Combo - Frame 2

After flare shot, shooter immediately slices off screen for shot at the top.

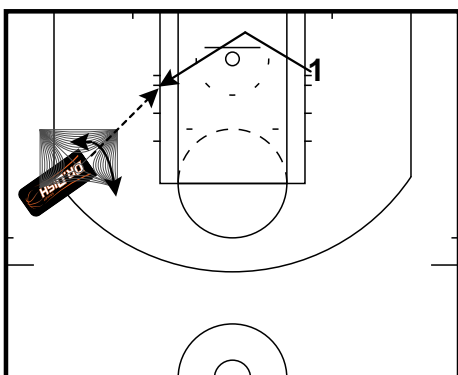
Continue until the machine is out of balls



Low Post Shots

Shooter starts on opposite block and makes a cut to the low post. He catches pass for low post shot.

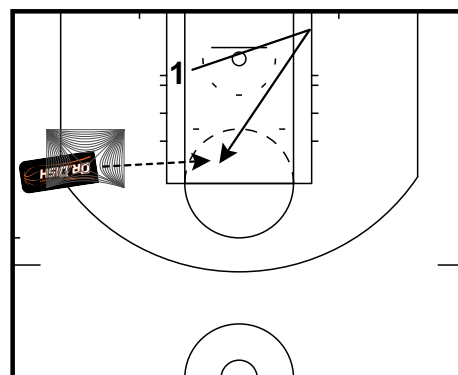
Shooter gets his rebound, throws it into the net and resets for the next rep.



Low/High Post Combo - Frame 1

Fill net or ball feeder with balls. Set machine to rotate to 2 spots.

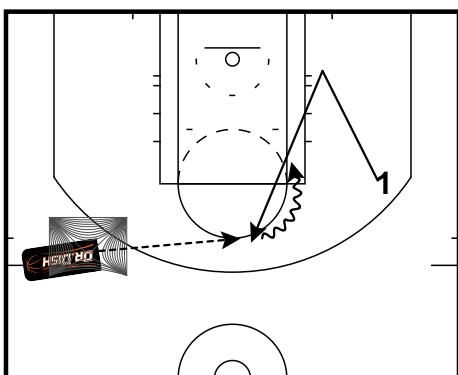
Player makes low post cut and receives pass for a shot.



Low post/High Post Combo - Frame 2

After low post shot, shooter cuts to weak side block and then comes back to catch a high post pass.

Continue until there are no more balls.



Rip Right, 1 Dribble

Player sets on the wing, makes a V-cut to the top.

Shooter catches pass, rips to the right for 1 dribble or 2 dribble shot. Finish with a jump shot lay up.