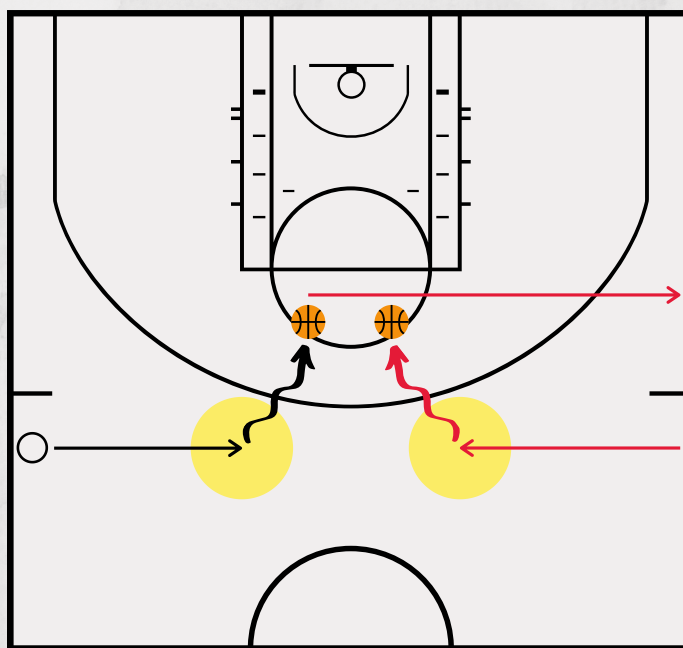


7 Drill - With the Grain Pull Ups



GOAL: Reach a score of 0 as quickly as possible.

INSTRUCTIONS: Set a timer for 3 minutes. Start with a score of 7. Made shots are minus 1 point. Missed shots are plus 1 point. Begin on the Left Sideline and sprint to the Left Slot. On the catch, immediately rip in the direction you are sprinting for a 1 Dribble Pull Up. After the shot, sprint to the Right Sideline and then to the Right Slot for another 1 Dribble Pull Up. Repeat Sideline to Slot 1 Dribble Pull Ups until you reach a score of 0 (record your time if under 3 minutes) or time expires.

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