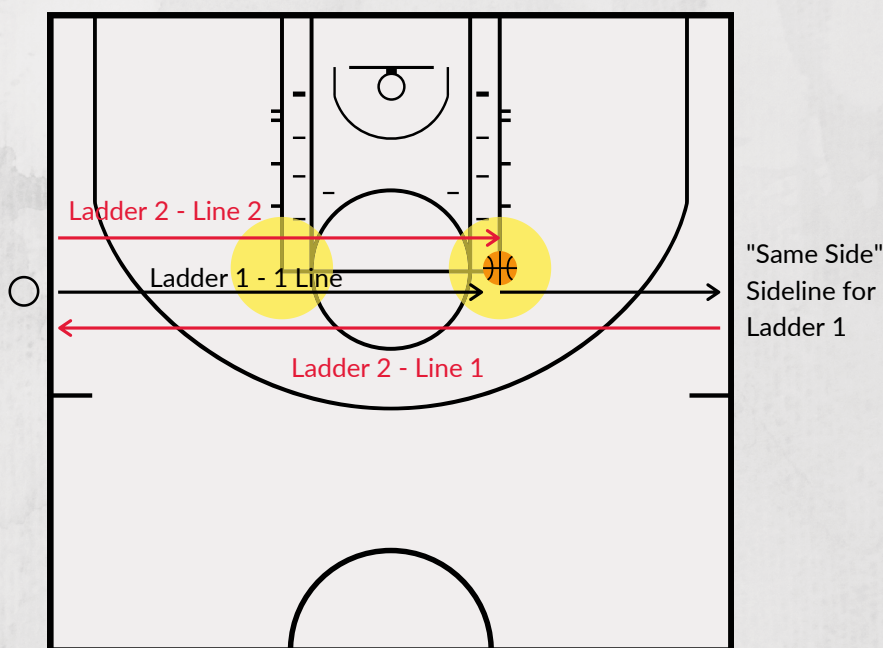


## Mullin Shooting Ladder



**GOAL:** Make 12 out of 15 shots.

**INSTRUCTIONS:** Start on the Left Sideline. Run 1 line to the opposite elbow and take 1 shot (Ladder 1). After the shot, touch the "same side" sideline (see diagram), then run 2 lines and take 2 elbow shots (Ladder 2). Don't shoot twice in a row from the same elbow. Each time you build up to a new ladder, run/shoot the corresponding number of lines/shots, always touching the same side sideline after the last shot to reset. The drill ends at Ladder 5. You will take 15 shots total. For extra shooting, go back down the ladder. (Goal 24/30)

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