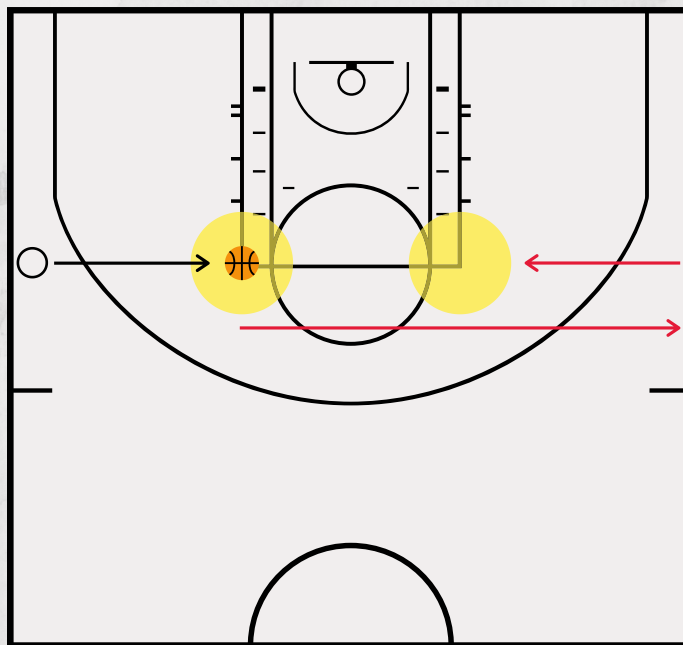


## 7 Drill - Mid-Range



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

**INSTRUCTIONS:** Set a timer for 2 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 Elbow for a Catch and Shoot Jumper. After the shot, sprint to the Right Sideline and then to the Right Elbow for another Catch and Shoot Jumper. Repeat Sideline to Elbow Jumpers until you reach a score of 0 (record your time if under 2 minutes) or time expires.

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