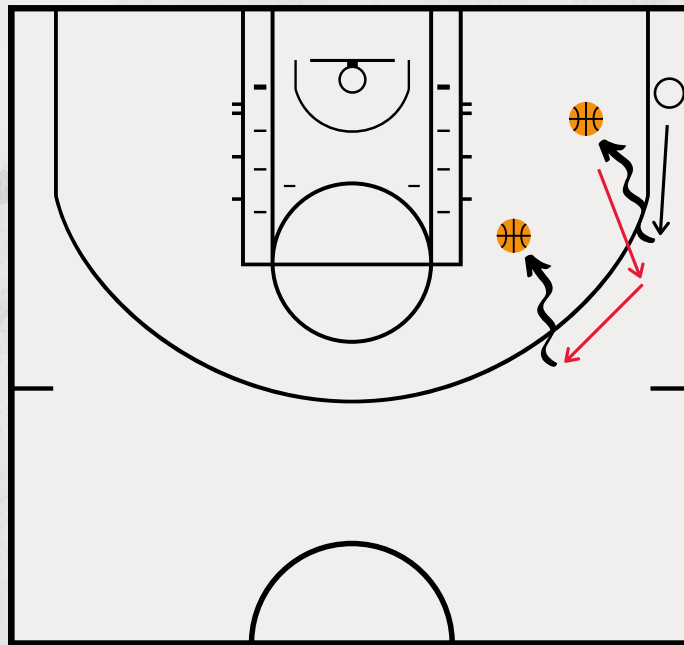


Against the Grain Pull Ups



GOAL: Make 70% or more of shots attempted.

INSTRUCTIONS: Set a timer for 2 minutes. Start in the Right Corner and slide along the 3-Point Line until your partner passes to you. On a catch, immediately rip in the opposite direction you are sliding for a 1 Dribble Pull Up. Reset to where you caught the ball and continue sliding and shooting 1 Dribble Pull Ups until time expires. Never shoot from the same spot twice in a row. Track shots made and attempted. Divide made shots by attempts to get your percentage.

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