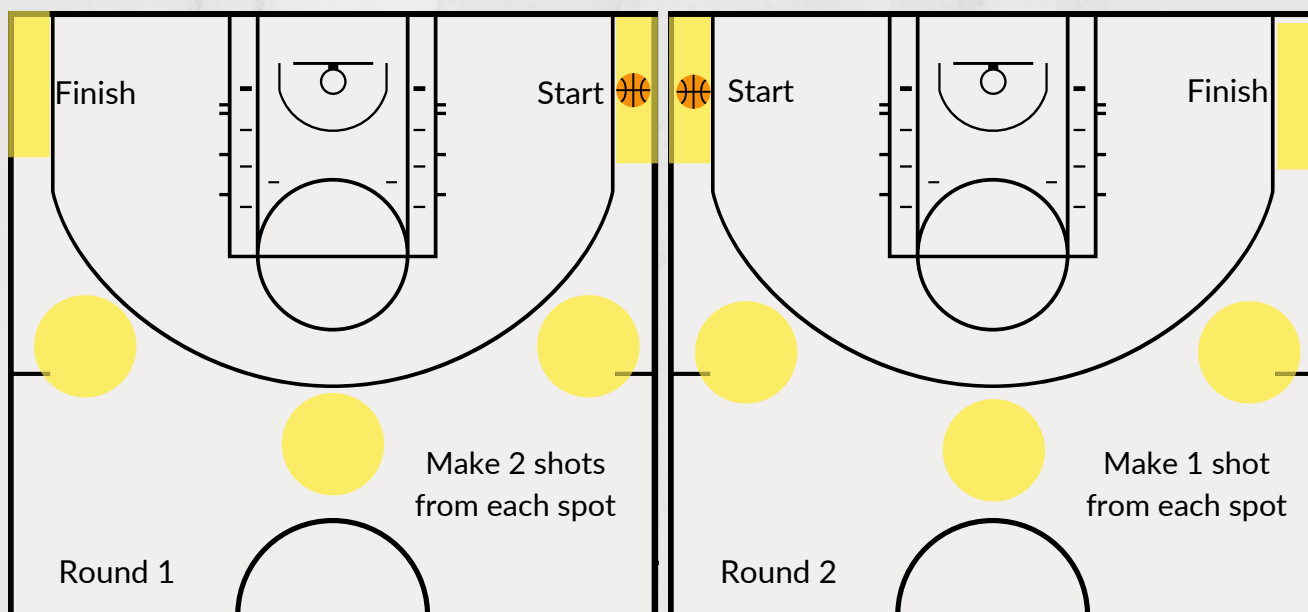


Round of Threes



GOAL: Make 15 shots as quickly as possible.

INSTRUCTIONS: Start in the Right Corner. Make 2 shots to advance to the next spot. In total, you will make 10 shots in Round 1. Start Round 2 in the Left Corner immediately after Round 1. This time, make 1 shot to advance to the next spot. In total, you will make 5 shots in Round 2. There is no penalty for a missed shot. Record how long it takes to complete the drill.

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