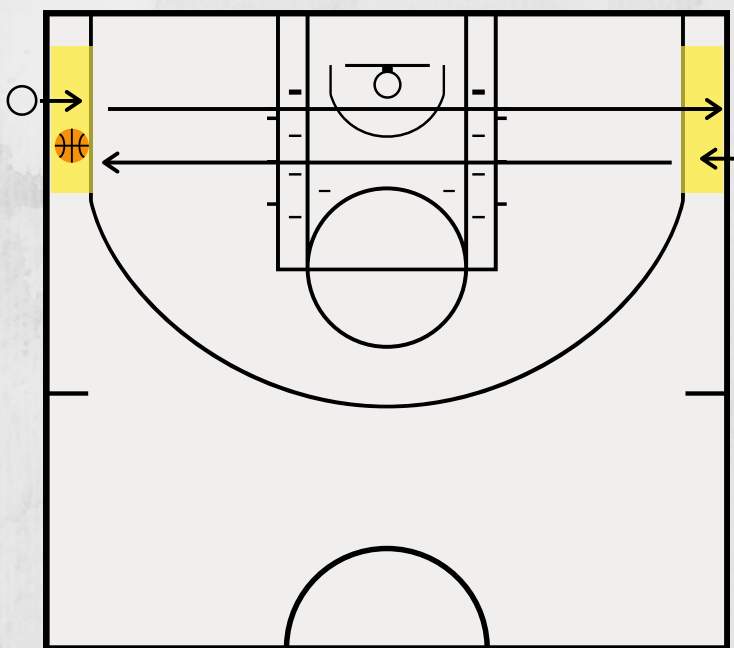


## Corner 7 Shooting



**GOAL:** Reach a score of 0 before time expires.

**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 Corner Sideline and step-in to the Left Corner for a Catch and Shoot 3-Pointer. After the shot, sprint to the Right Corner Sideline and then to the Right Corner for another Catch and Shoot 3-Pointer. Repeat Corner to Corner 3-Pointers until you reach a score of 0 (record your time if under 3 minutes) or time expires (record your score).

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