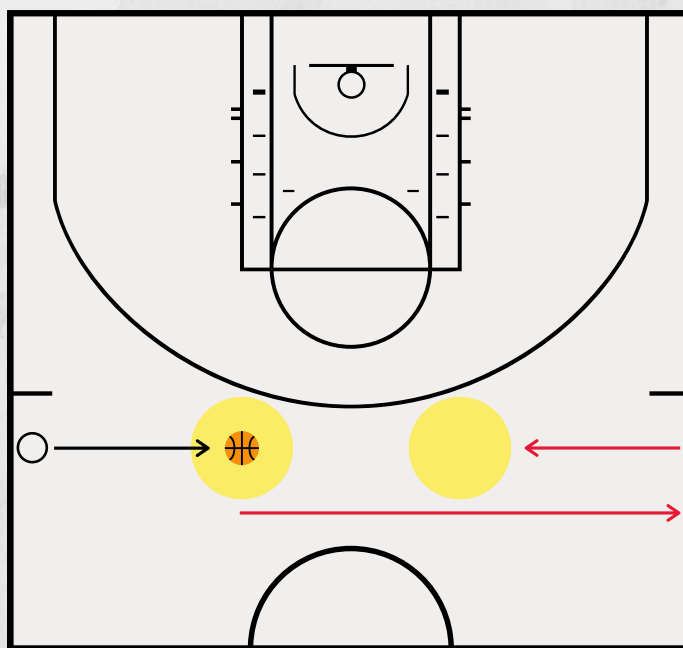


7 Drill - Perimeter



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

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

GET IN TOUCH:



www.mychalmartinezbasketball.com



www.instagram.com/CoachMychal



www.facebook.com/CoachMychal



www.twitter.com/CoachMychal



ELITE IS EARNED.