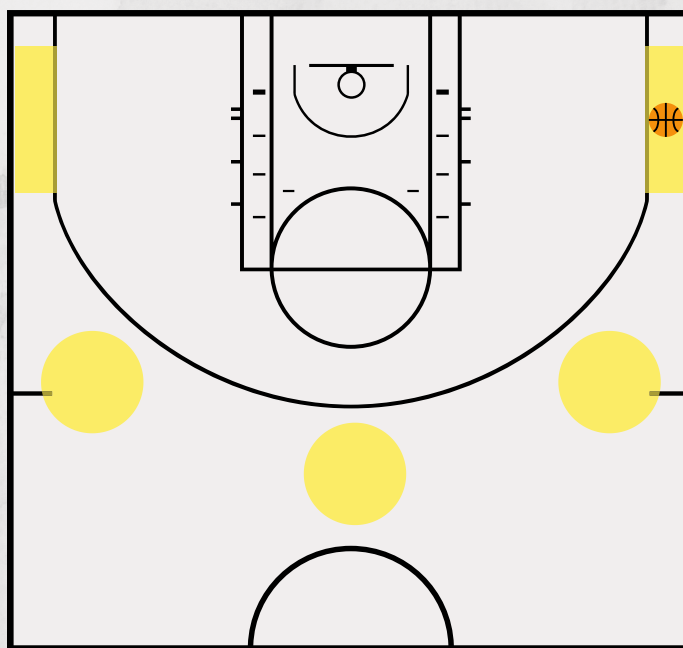


Catch 45 Shooting



GOAL: Make 45 shots off of the catch as quickly as possible.

INSTRUCTIONS: Start in the Right Corner. Make all 9 shot types in order to advance to the next spot. Repeat for each remaining spot. If you miss a shot, there is no penalty. Time how long it takes to make all 45 shots.

Shot 1 - Catch & Shoot

Shot 2 - Step-In

Shot 3 - Back Pedal

Shot 4 - Speed Stop Pull Up L

Shot 5 - Speed Stop Pull Up R

Shot 6 - Shot Fake Float Dribble L

Shot 7 - Shot Fake Float Dribble R

Shot 8 - Same Foot Stop L

Shot 9 - Same Foot Stop R

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