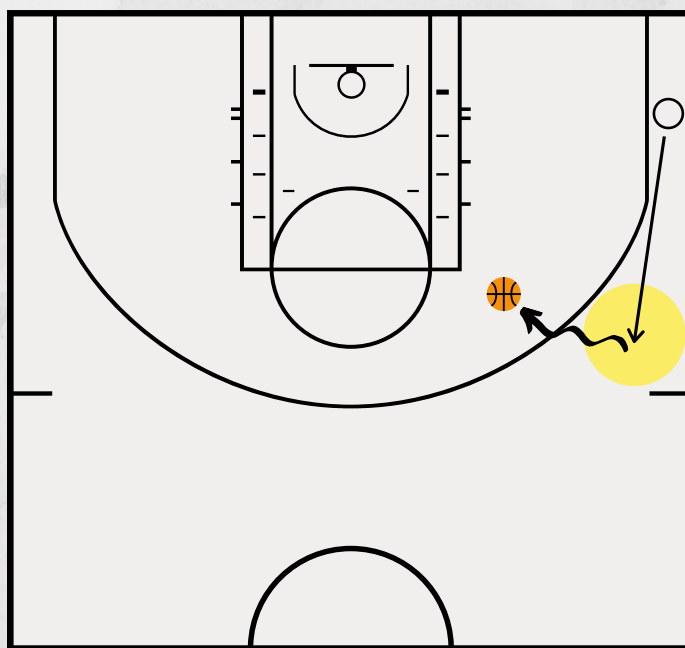


## 1 Minute Continuous Lift Pull Ups



**GOAL:** Make 70% or more of shots attempted.

**INSTRUCTIONS:** Set a timer for 1 minute. Start in the Right Corner and "Lift" to the Right Wing. On the catch, immediately rip with the grain into a 1 Dribble Pull Up. Reset to the Right Corner in-between each shot and repeat. Track makes and attempts. Divide makes by attempts to get your percentage. Repeat drill on the left side.

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