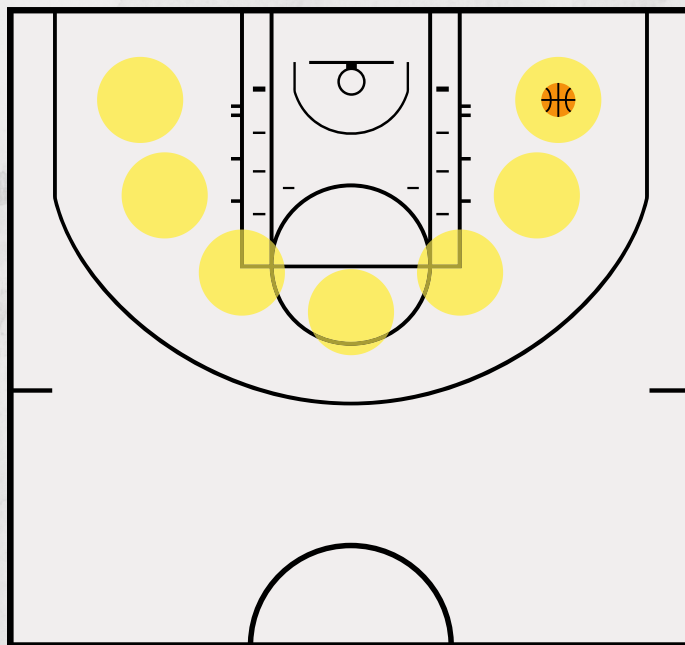## 4 Minute Mid-Range Shooting

GOAL: Make 80% or more of shots attempted.

INSTRUCTIONS: Set a timer for 4 minutes. Shoot Mid-Range Catch and Shoot jumpers, shuffling from one highlighted spot to the next in-between shots, until time expires. Track shots made and attempted. Divide makes by attempts to get your percentage.

ELITE IS EARNED.