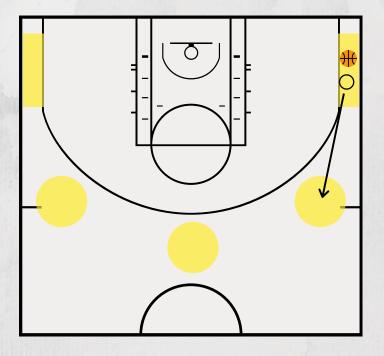


99 Shooting



GOAL: Reach a score of 99 before your score falls below 0 or a set time is reached.

INSTRUCTIONS: Start with a score of 0. You get 3 points for each made shot. Your score continues to accumulate as shots are made. If 1 shot is missed, there is no penalty. However, if 2 shots are missed consecutively, then 3 points are deducted from the overall score. Don't shoot from the same spot twice in a row. Time how long it takes to get to 99. Kelsey Plum, of the Las Vegas Aces and NCAA DI women's all-time leading scorer, completes this drill in 1:53.10.

GET IN TOUCH:



