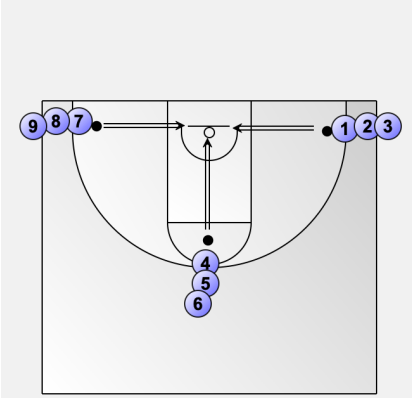


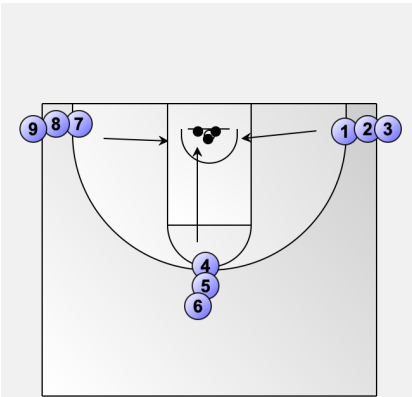
### 3 way shooting



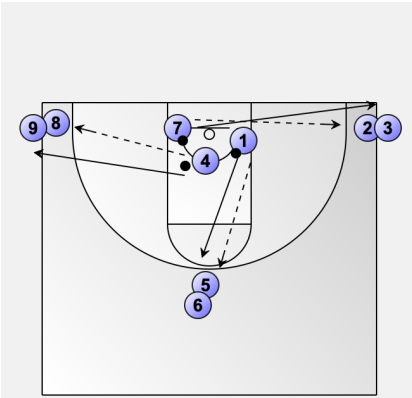
3 balls  
6 or more players.

Line up in 3 rows 2 at the side line 1 in the middle. The first player in each row has a ball.

The drill starts with a jump shot from players 1, 4 and 7.



After finishing the shot completely, good follow through, the players follow the ball for the rebound.



After the rebounds the ball is passed to next row (clockwise). And the players follow the pass.

Make sure that the pass is good so players 2, 5 and 8 don't have to adjust before taking a jump shot.

The drill repeats it self.

Emphasis:

- Prepare for the shot, show where you want the ball.
- Good passing after the rebound.

Variation:

- After the pass try to block the shooter.

With more than 12 players use the full court.