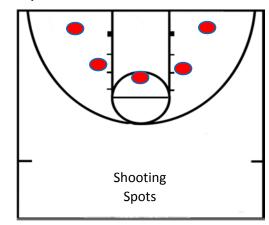
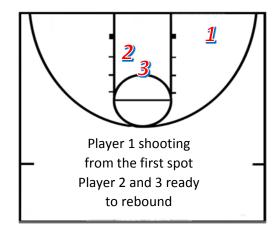


Drill: "21 Shooting"



Set up:





Directions:

- Players will try to be the first player to reach 21 points
- One shooter will begin at first spot on the floor, all remaining players will begin in free throw alignment
- The shooter will shoot once from each spot on the floor and is rewarded 1 point for each make, and 2 points for each swish.
- If the shooter misses the remaining players will try to grab the rebound for 1 point. The rebounder must secure it with 2 hands and not travel.
- After the shooter has 2 shots from all 5 spots, players rotate so each player has a turn to shoot.