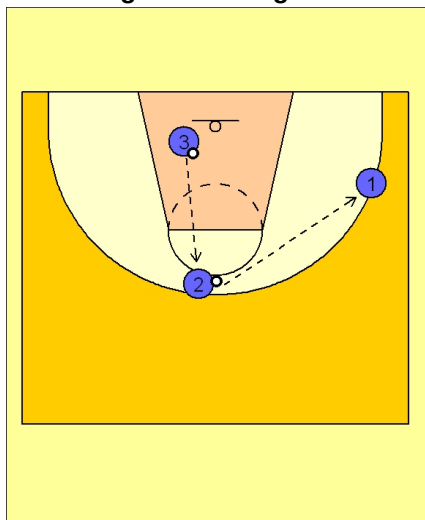


Machine gun shooting



*Players are in groups of 3 with two balls.

One player shoots, one rebounds, and one is the passer for a 45 second set. The shooter mixes up the shots to resemble more game like conditions, taking drives to the hoop, shooting 1 or 2 dribble pull ups, and 3 pt shots. The rebounder and shooters keep the ball coming quickly to keep the intensity up.

Variations:

- Add certain cuts after each shot to get open.
- Make it a competitive shooting drill.
- Add dummy defense to make the offense react.
- Add a rebounding component by putting two rebounders, have them work on good block out techniques.