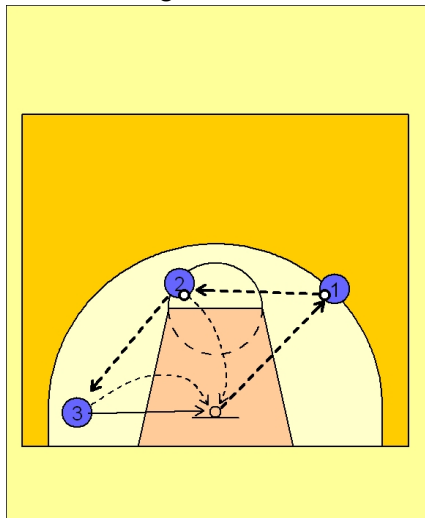


Rac shooting



***RAC Shooting Focus Shooting on the move: Game Speed!**

3 players, 2 balls. Players must pass the ball to a teammate who is on the move and ready to shoot quickly. The shooter will follow their own shot and pass to the person who does not have a ball. Players always pass to the same teammate and move to a new spot each time. Make sure to keep good spacing (15-20 foot) this will mean that the players may need to move away from the ball, or come to the ball to keep spacing. The drill can be competitive against group members or between different groups.