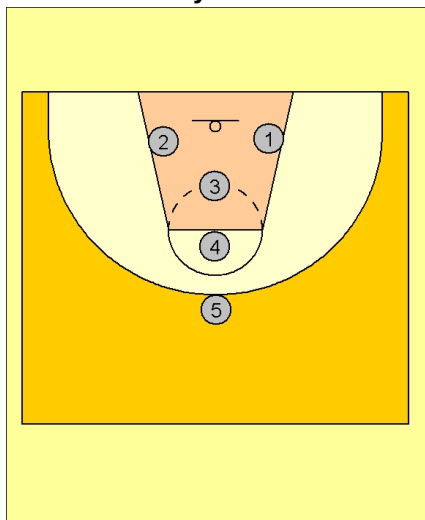


Shoot for the cycle



*Players can work on their form shooting from in close and slowly build their confidence by moving outward with each successive make.

2-3 players at a hoop at a time

Each player should have their own ball

After reviewing proper form, players must begin by shooting at one of the first two spots (spots labeled here 1-5). If they make both, they move to spot 3, and then spot 4, then 5 on each successive make. On any missed shot they must return to the first spot.

The goal is complete the cycle.

Variation: Shoot specific types of shots, bank shots, or with a dribble.

With older/more skilled players see if they can make it all the back to first shot without missing!

