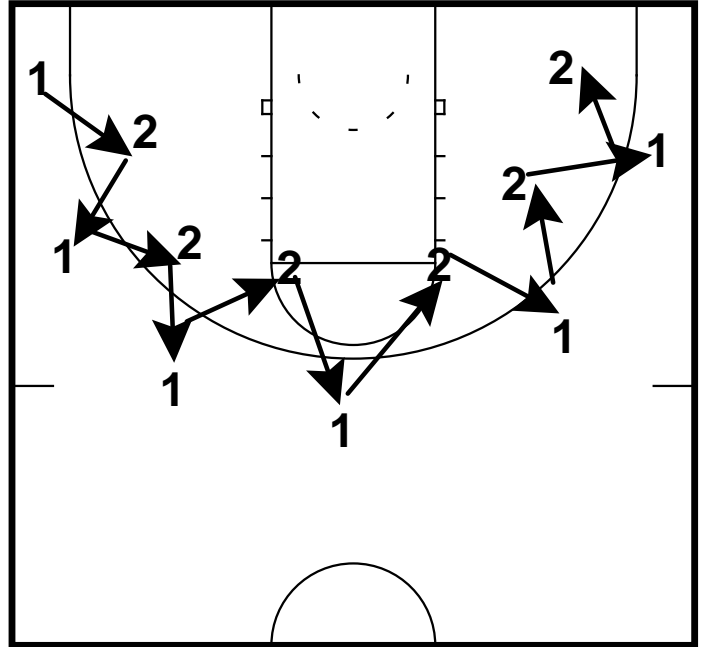
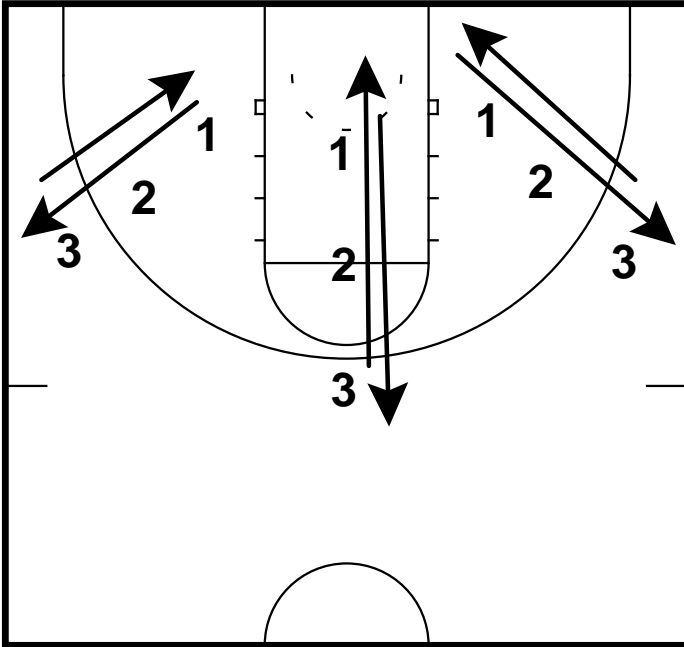


Bethel

Shot builder

Frame 1

Frame 2



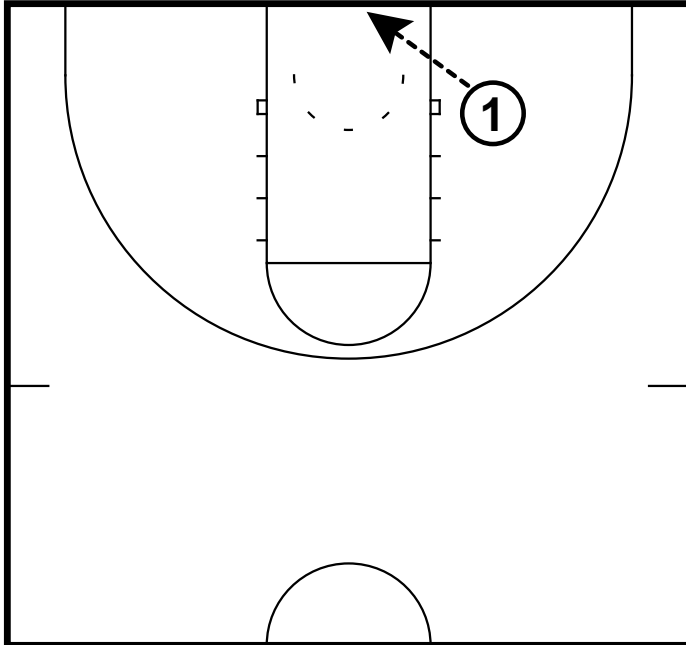
Shot builder (make 3 of each series)
1. No jump...only toes
2. Slight Jump
3. Shot fake

W
Around the arc shooting 3 then 2/ make or miss you have to move
Can add a bounce/ floater ect

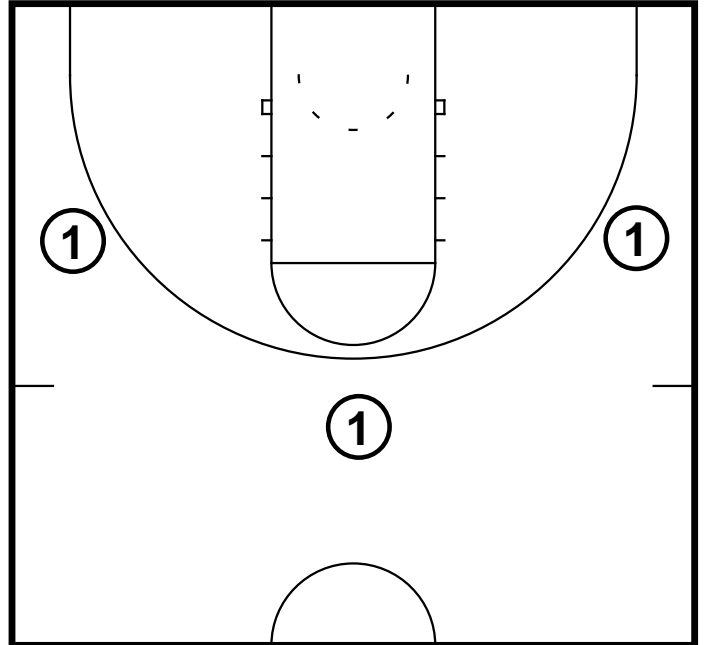
Bethel Shot builder

Frame 3

Frame 4



Drop and catch floaters
Dribble floaters and pro hops

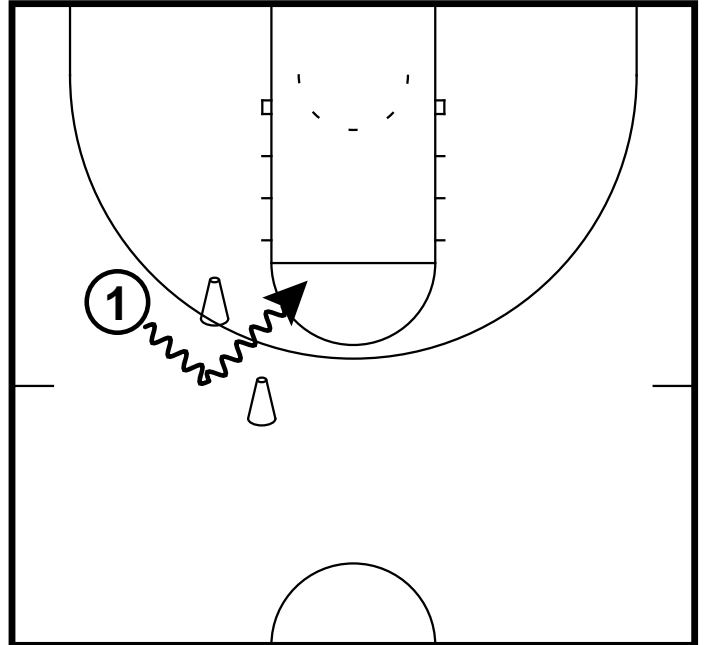
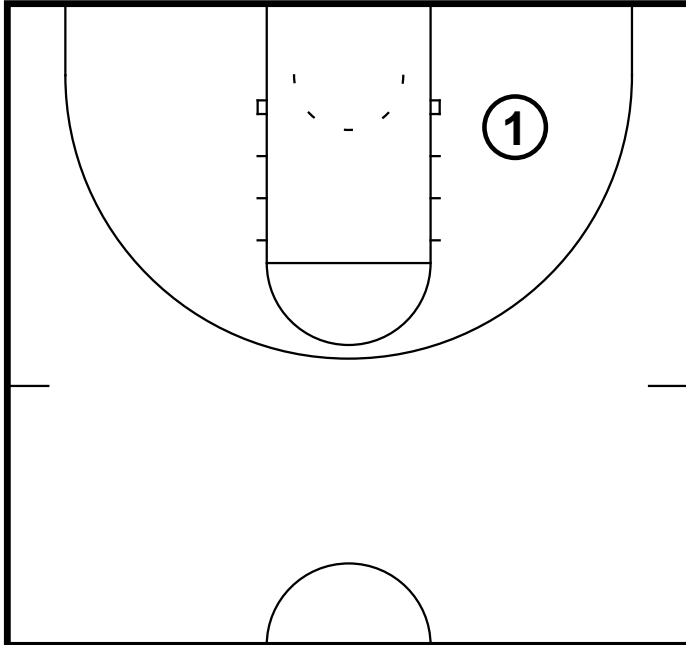


Cycle
3
Pull up right
Floater
Rim finish

Bethel Shot builder

Frame 5

Frame 6

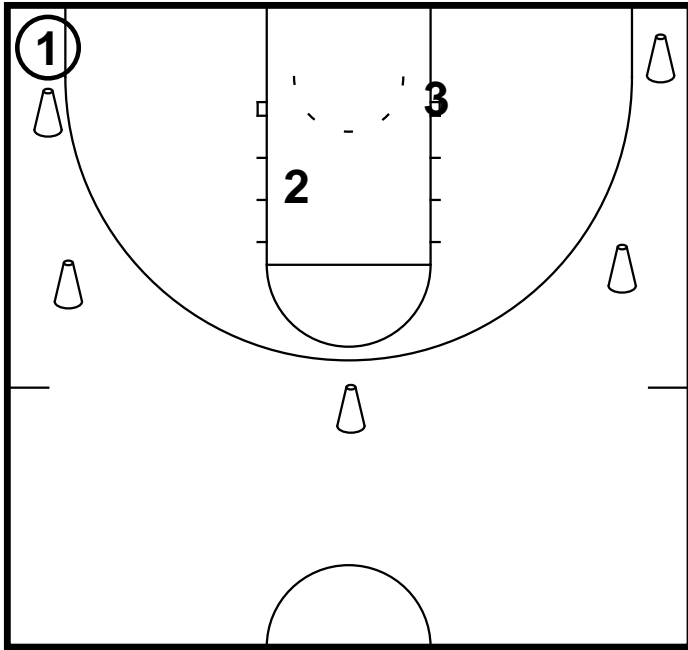


Pound pull ups
between legs
cross
behind ankles

Bethel

2:00 minute drill

Frame 1

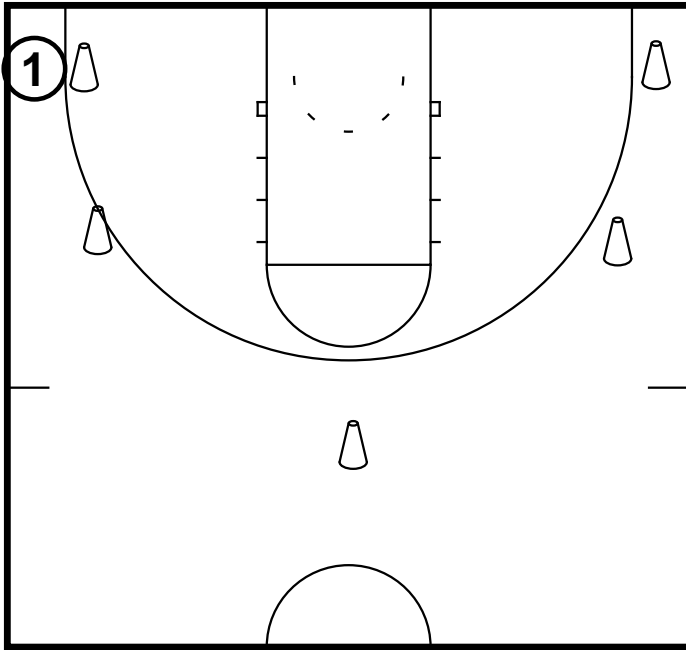


Make 5 shots from 5 spots in 2 minutes
2 balls, 2 rebounders

Bethel

Bird shooting

Frame 1

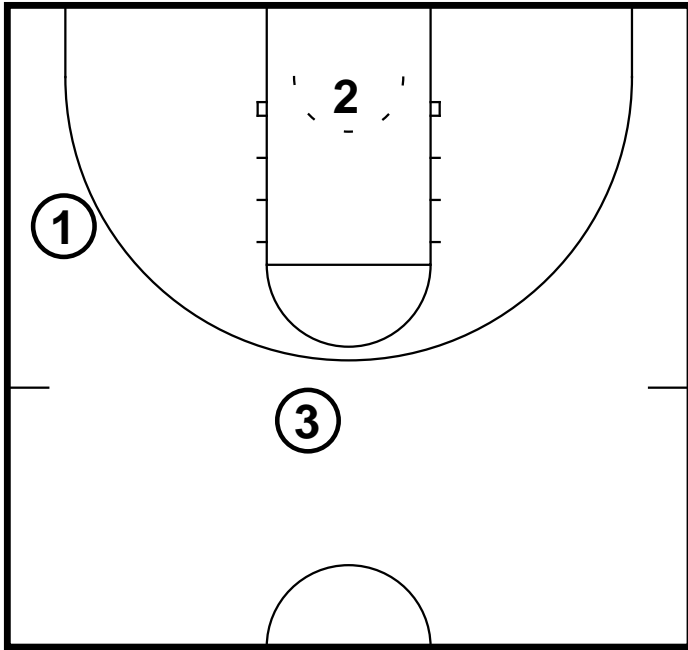


Hit 2 in a row in 2:00 from 5 spots
Around and back
Finish at top of key streak

Bethel

32 in 2

Frame 1

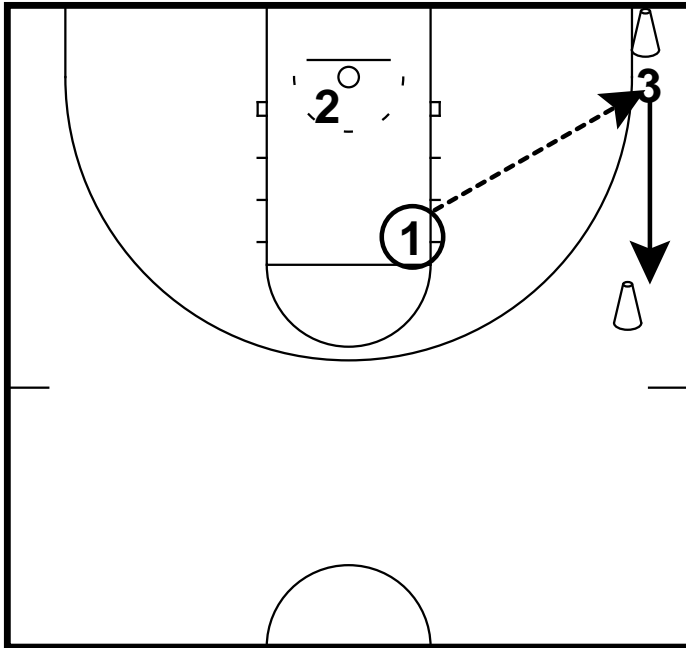


Try to make 32 shots in 2 minutes
2 balls 3 shooters
Talk to teammates
Spot up behind 3 pt line
Throw strikes

Bethel

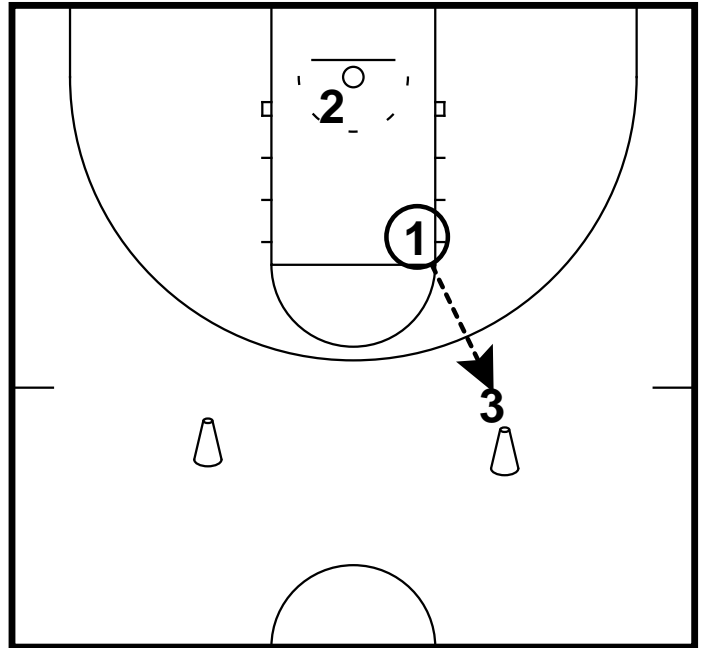
3 minute shooting

Frame 1



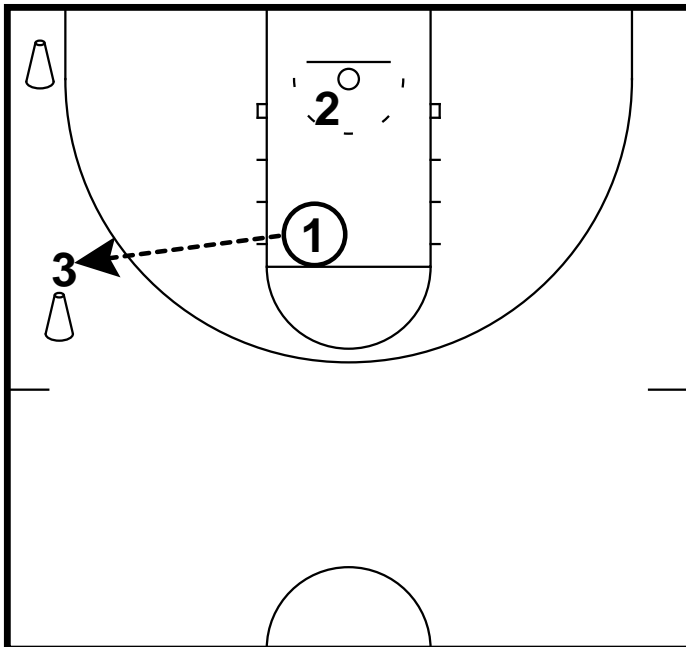
1 minute corner to wing...get stationary

Frame 2



1 minute guard to guard

Frame 3

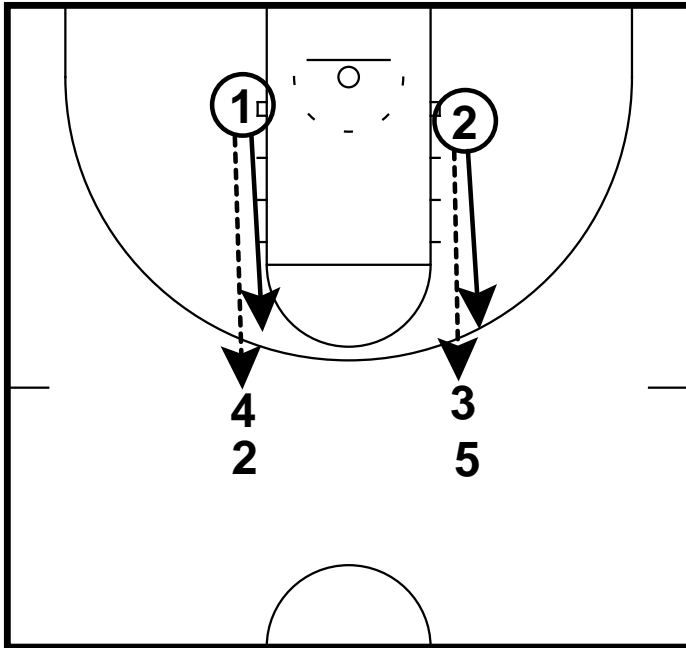


1 minute corner to wing

Bethel

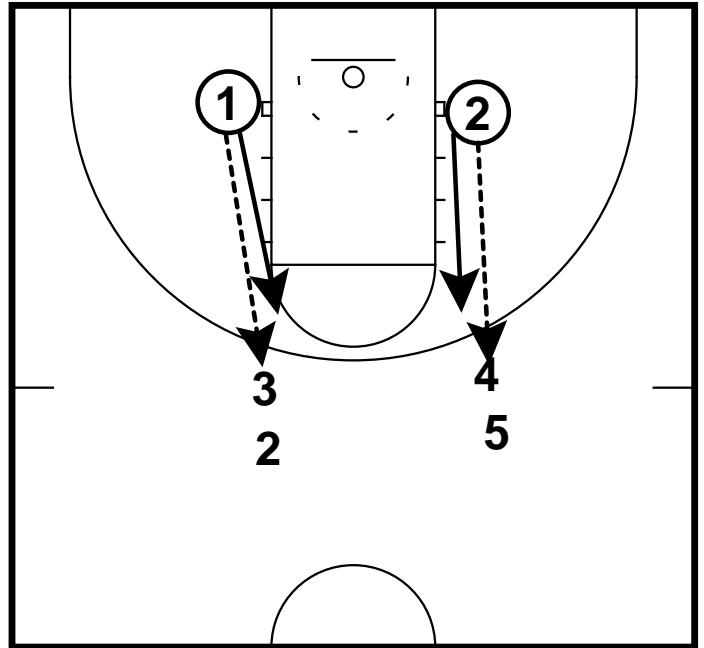
Closeout shooting

Frame 1



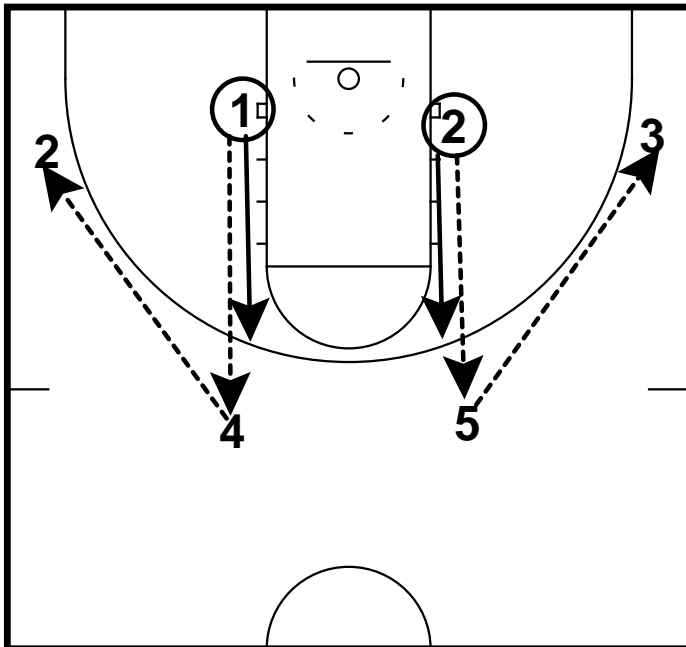
Eyes on rim, forget about the defender closing out
Grove footwork and shot

Frame 2



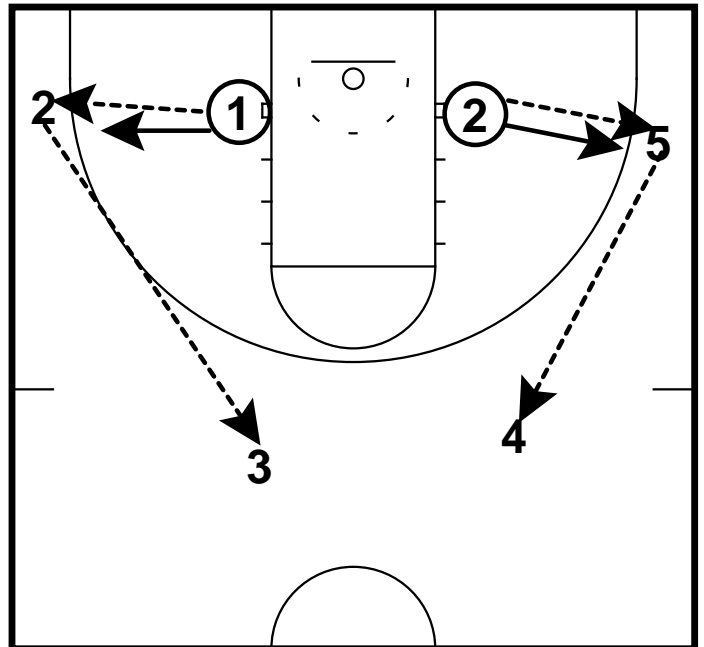
Slow read/ pause circle right and slice left finishing
Also work quick reads, 3 pounds advantage 1-1

Frame 3



Rotation passing. Must work feet for your shot, then roll
hips for the extra pass. No extra movement

Frame 4

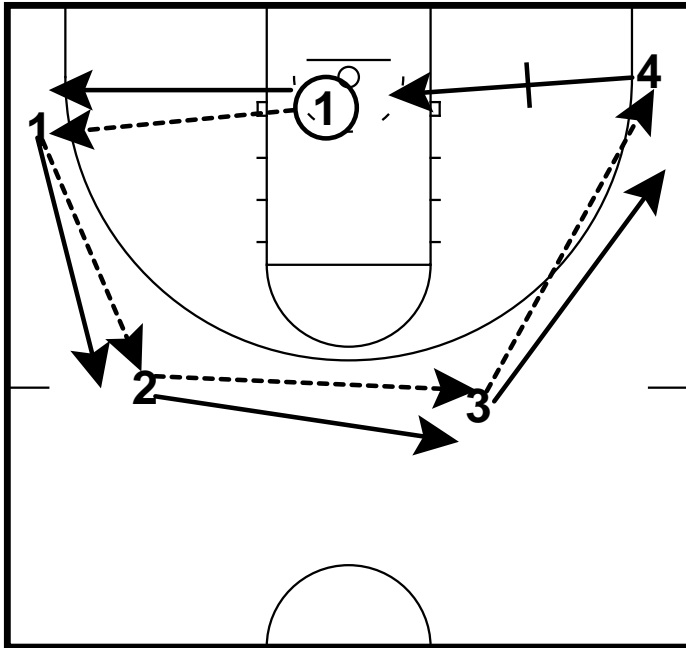


Simulating drift plus one

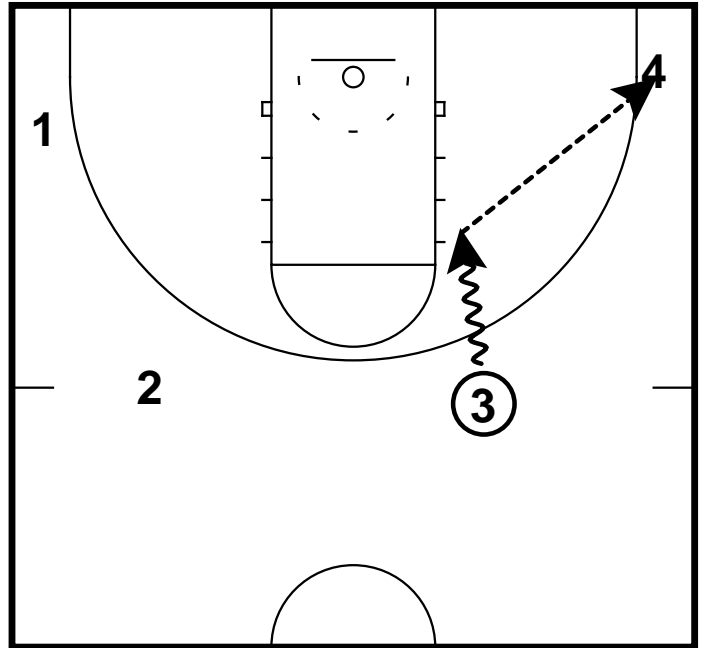
Bethel

4 Square Shooting

Frame 1



Frame 2



Bethel

5 Spot Shooting

Frame 1

