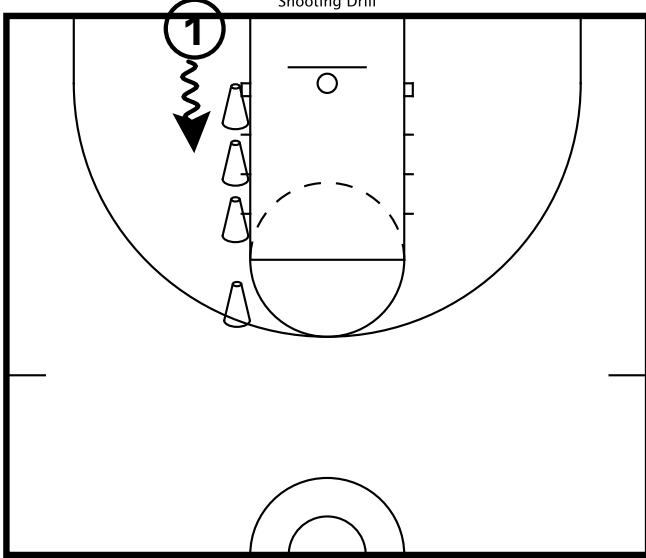


All Teams

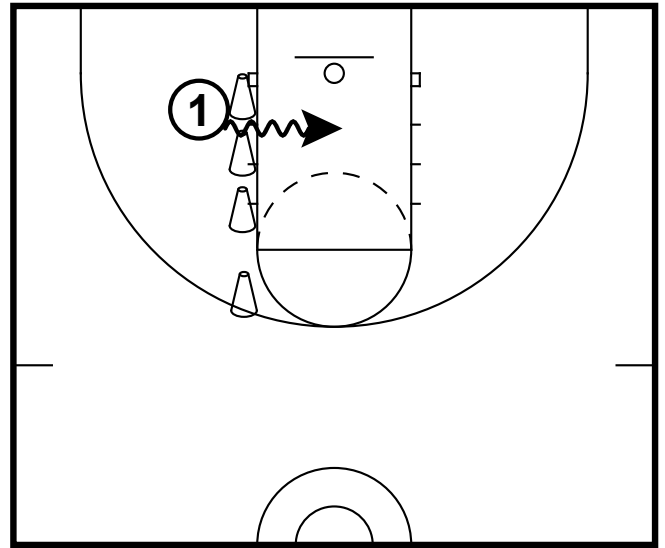
Inside Pivot Shooting Shooting Drill



Player will spin (self toss) and catch on two feet. Player will make 1/4 turn (inside pivot). Player will push ball into space with right foot step to catch on 2 with hop (both toes pointing towards basket).

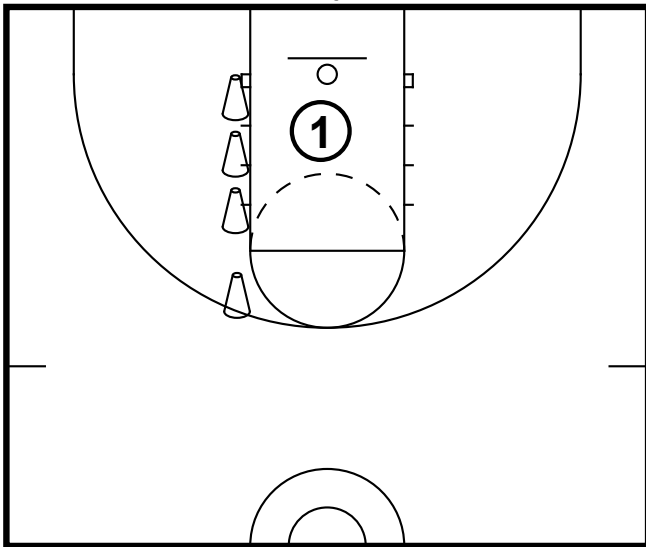
All Teams

Inside Pivot Shooting Shooting Drill



All Teams

Inside Pivot Shooting Shooting Drill



After the player makes at the first cone distance, he will advance to the next cone.