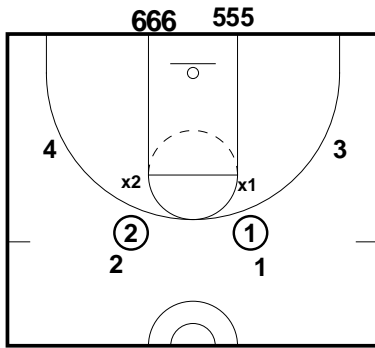


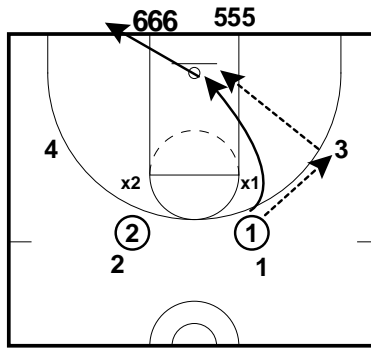
4 Minute Drill

Frame 1



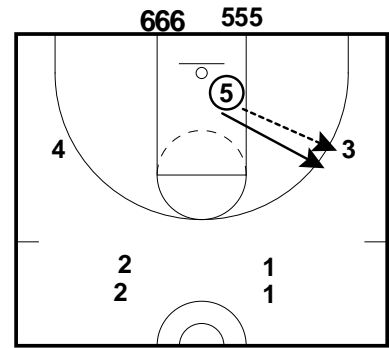
- 6 lines as shown. First person in line 1 and 2 have balls.
- Defenders on #1 and #2.

Frame 2



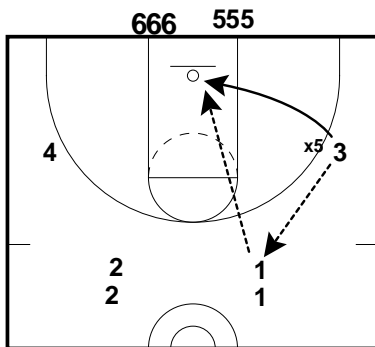
- #1 will pass to #3. #1 will cut to the basket. #3 hit #1 with a pass for a lay-up.
- #2 will wait until #1 clears then they will go.
- #1 will go to the end of line #6. #2 will go to the end of line #5. X1 will go to the end of line #1, X2 will go to the end of line 2.

Frame 3



- Line #5 will get the rebound and pass the ball to line #3. #5 will close out and play defense on #3.

Frame 4

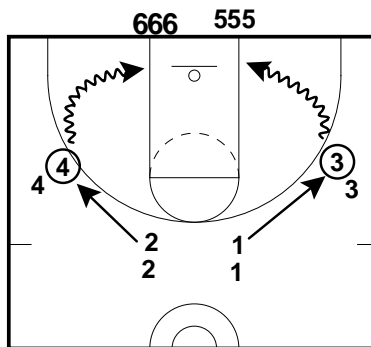


- #3 will pass to #1 and cut to the basket. Line #1 will hit #3 for a lay-up

Line #6 will wait for 3 to cut then pass out to #4.

Perform lay-ups for 2 minutes.

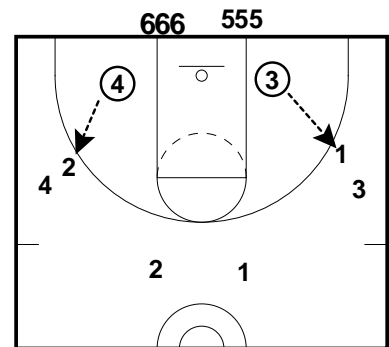
Frame 5



Jump Shots

- Lines 3 and 4 have the balls. They will drive baseline. #1 will circle behind #3 and #2 behind 4 to the safety valve spots.

Frame 6



- Lines 3 and 4 will pass it back to #1 and #2 for jumpshots.
- Lines 5 and 6 will get the rebounds and pass it to lines 3 and 4.
- Passers go to the rebounding lines.
- Rebounders go to lines 1 and 2.
- Shooters will go to the end of lines 3 and 4

Shoot Jump Shot for 2 minutes.