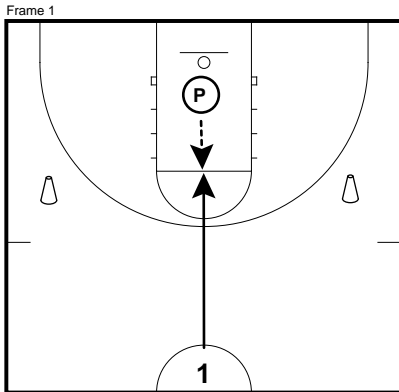


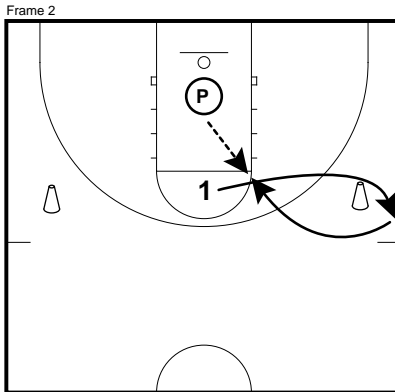
Carroll University

3 Spot Jumpers (Defensive Slide)



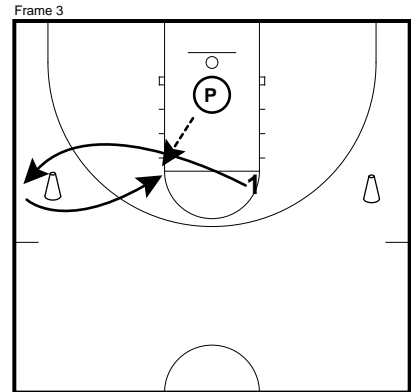
The drill starts with the shooter at half-court. The shooter sprints in for a shot at the free-throw line.

3 Spot Jumpers (Defensive Slide)



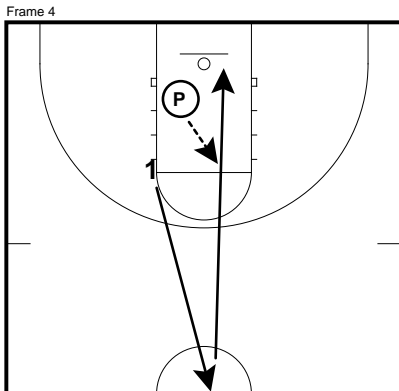
The shooter then defensive slide (back to passer in a denying position) to the right sideline around the cone and sprints to the right elbow for a shot.

3 Spot Jumpers (Defensive Slide)



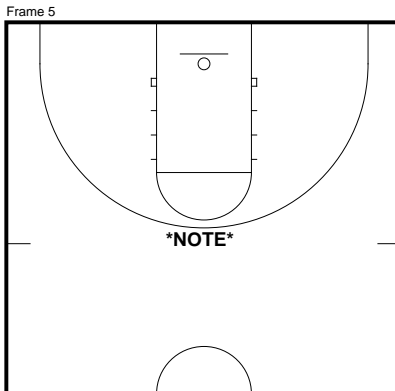
He then defensive slides (back to passer in a denying position) to the left sideline around the cone and sprints to the left elbow for a shot.

3 Spot Jumpers (Defensive Slide)



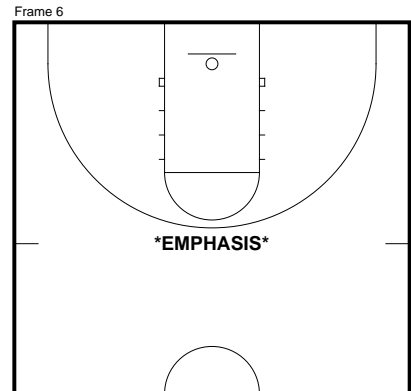
Shooter then sprints to half-court (touch) and sprints in for a lay-up.
-This drill is timed and the clock stops when the shooter makes the lay-up. A good time is 22-25 seconds. A great time would be considered 17-20 seconds.

3 Spot Jumpers (Defensive Slide)



*If a shot is missed, the shooter must go back to the starting point of that shot.
EXAMPLE: if the shooter makes the first shot, defensive slide, sprint to the elbow for the shot and misses, the shooter must defensive slide (same direction) until shot is made. If the shooter misses the same shot three times, the drill stops, and it's a STRIKE OUT. The shooter must start over until drill is completed.

3 Spot Jumpers (Defensive Slide)



* The shooter should really concentrate on staying with the shot until it goes through.
*1-2 step in with every shot.
*hold your follow through.
*Slides must be legitimate. Attend to detail.