**2 IN A ROW SHOOTING**

* 5 spots - Corners, Wings, TOK
* Make as many shots at each spot without missing 2 shots in a row
* Change spots whenever you miss 2 shots in a row
* Count your total makes

**WING SHOOTING SERIES**

* 5 mins. on the clock
* 4 shots per wing
	+ Catch & shoot 3
	+ Slide step 3
	+ Pindown 3 (start in corner)
	+ Transition 3
* Alternate sides after each set

**SPOT SHOOTING SERIES**

* 4 mins. on the clock
* 40 total shots
	+ 10 shots - spot shooting from 5 spots (Corners, wings, TOK)
	+ 10 shots - transition shooting (Right wing)
	+ 10 shots - transition Shooting (Left wing)
	+ 10 shots - spot shooting from 5 spots (Corners, wings, TOK)
* If you don’t finish in 4 minutes, stop where you’re at

[**VIDEO**](https://www.youtube.com/watch?v=Sx1syw0BXeM)