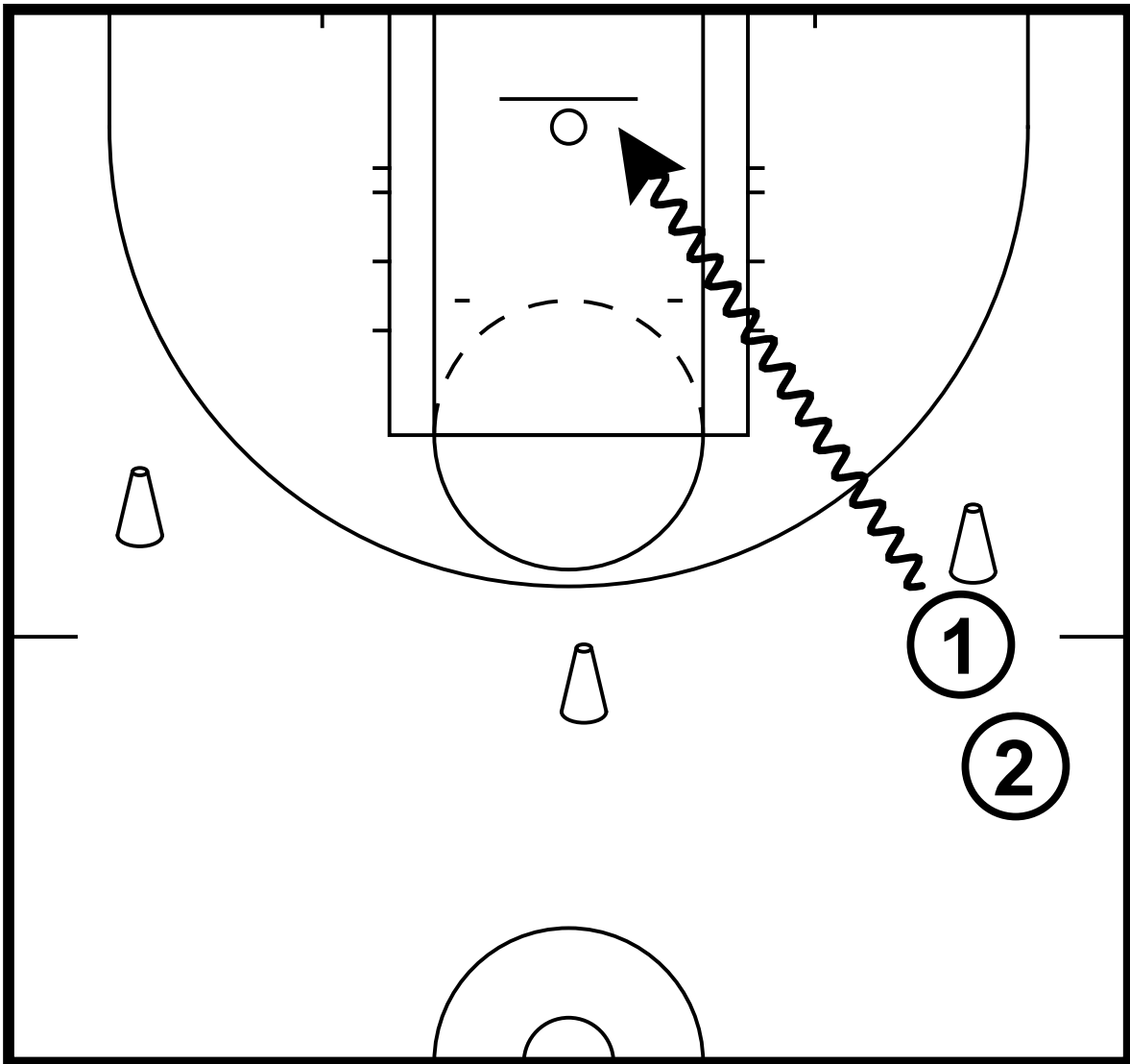


## "On the Clock" Attacks DRILL



Players drive to rim and hit change of direction at 3 point line then finish with layup or jump shot.

Group must make 10 at each cone within ??? minutes.

Repeat drill 3 times with different moves at 3 point line.

# Oregon State - 3 Lane Push DRILL

