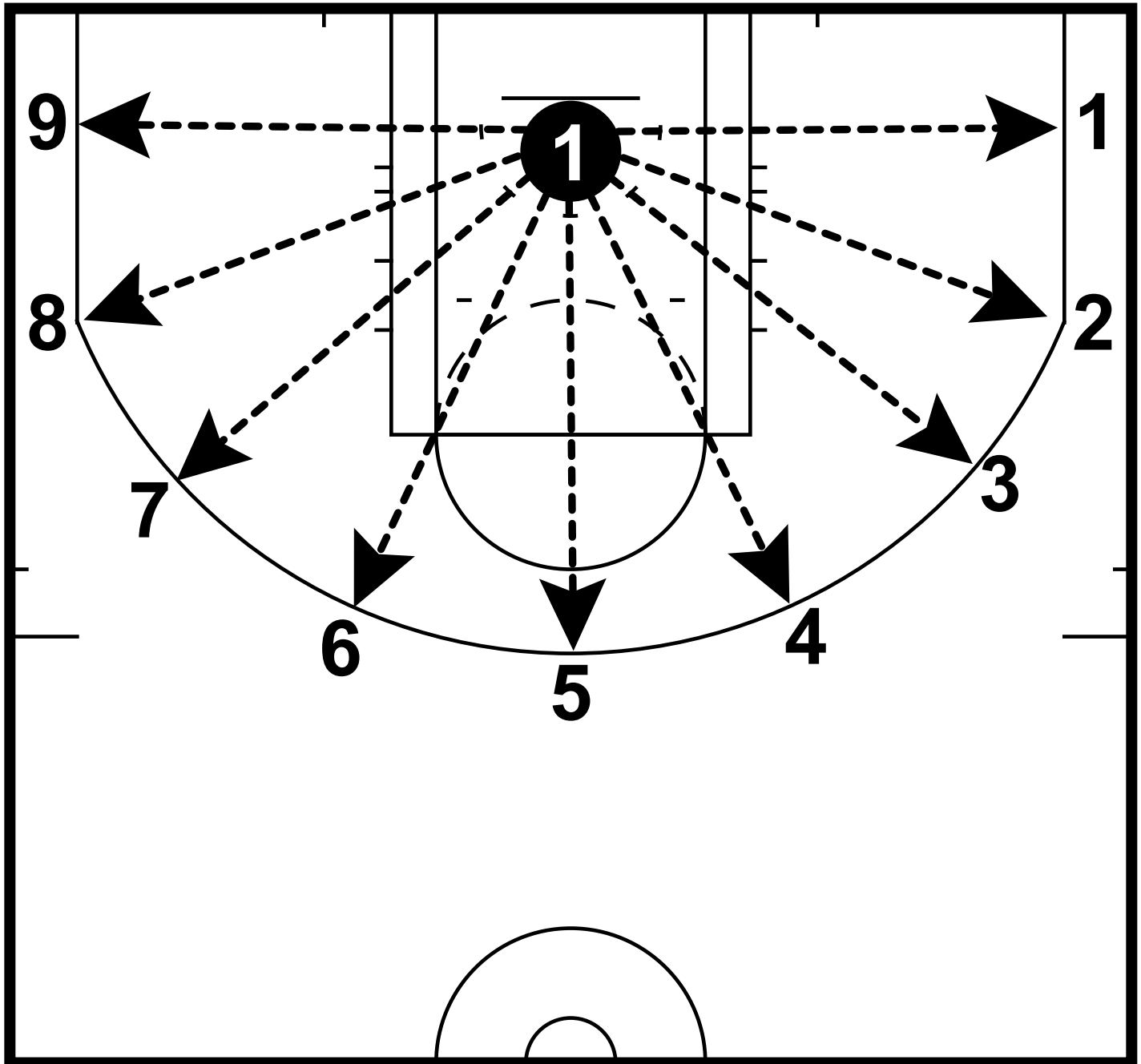


NBA Shooting Drill

Hornets Shooting Drills



You will shoot spot-up jump shots from nine spots on the court (nine equaling amount of innings in a baseball game). If you make a shot, you get a "HIT." If you miss a shot, you get an out "OUT." If you swish a shot, you get a "HOME RUN." You get 3 "OUTS" (3 misses) from each of the nine spots. Try to score as many "RUNS" as possible during the nine innings. You score "RUNS" by forcing in runners with base hits while runners are on base, or by swishing shots and getting "HOME RUNS." A good goal is to finish the drill with at least 75 runs scored.