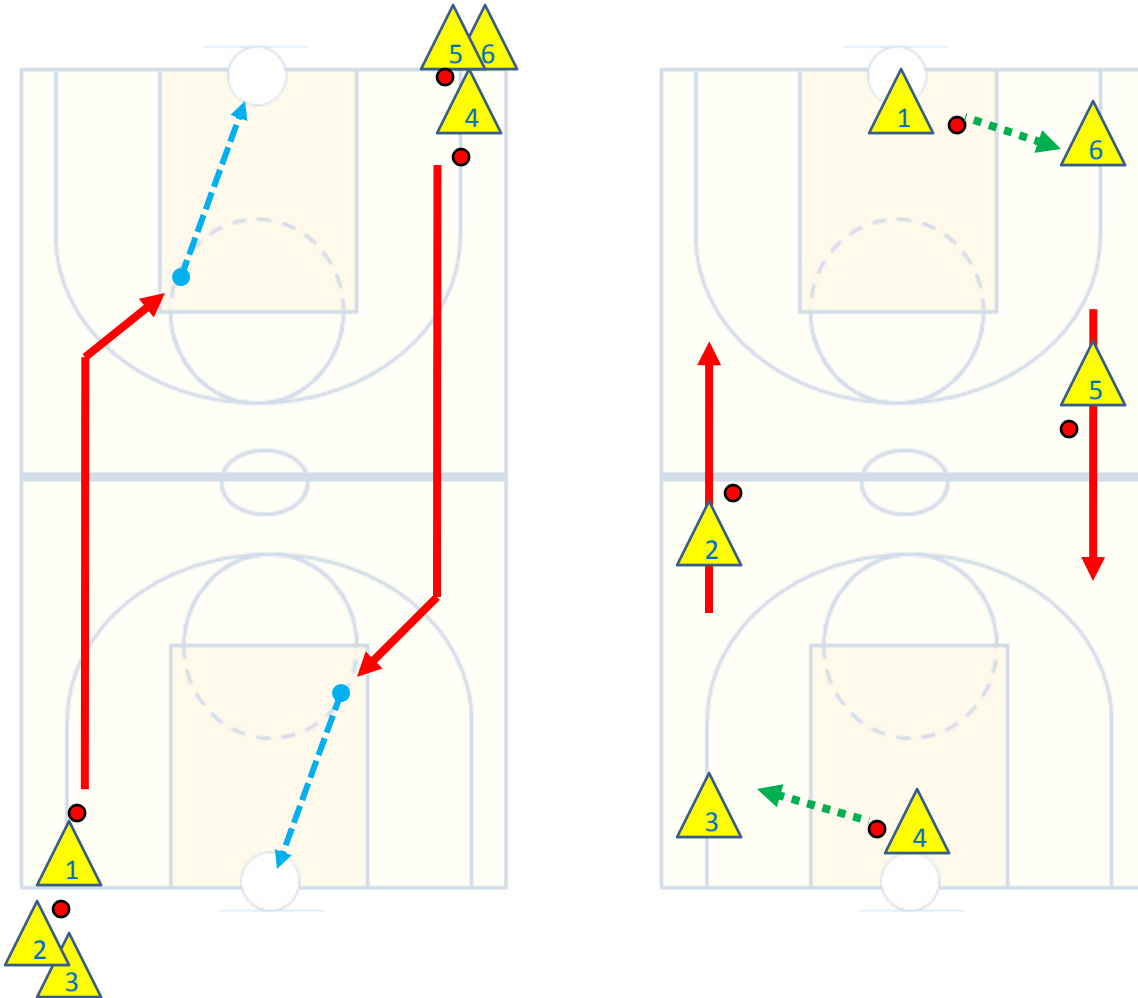


Dribble, Shoot and Go

A great warm-up drill that gets the heart going, but also incorporates a number of core basketball skills



Setup:

- Six players participate at a time.
- 4 balls are needed to run this drill.

Execution:

- Players 1 and 4 start by **dribbling** to the opposite side of the court, pausing top of the 3 point line, cutting to the corner of the key. Jump stop and take a **jump shot**.

- As soon as the shot is taken, Players 2 and 5 begin **dribbling** and follow the same path as Players 1 and 4.

- After taking a shot, Players 1 and 4 get their **rebound and outlet the ball** to Players 3 and 6, who take off **dribbling**.

- Players 1 and 4 become the outlet players for Players 2 and 5... The cycle continues.