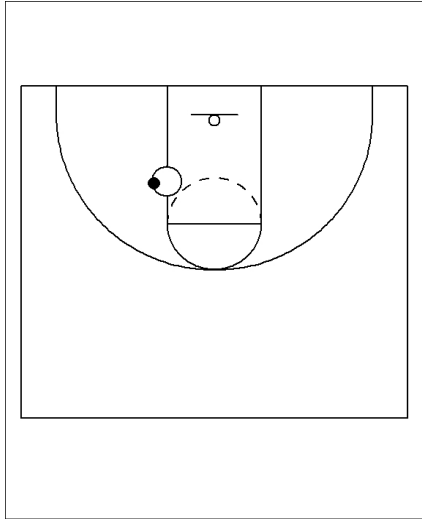




**Beat the pro**



**SHOOTING: BEAT THE PRO**

Skills Covered

- \*Shooting
- \*1-on-1 moves
- \*Pressure shooting

Alignment

- \*One player and one ball.
- \*The player will start out at any spot on the floor.
- \*There can be more than one player at a basket, but each player will be working on their own.

Running the Drill

- \*The player must first designate the pro player they will be competing against. For example: Kevin Garnett.

**\*Scoring System:**

- Made Shot = 1 point for player
- Missed Shot = 2 points for the pro
- First player to 10 points wins.

- \*Player will spin the ball out away from the basket, sprint after it, catch the ball off the bounce, and square up.
- \*Player must make an 1-on-1 basketball move and then take a shot. NO LAYUPS ARE ALLOWED.

If player takes a shot and misses, that is 2 points for Garnett. If the player shoots and makes the shot, that is a point for themselves.

**\*\*IMPORTANT\*\***

This is a fast paced drill. The shooter must work very hard and work up a sweat. They have to sprint after each rebound.