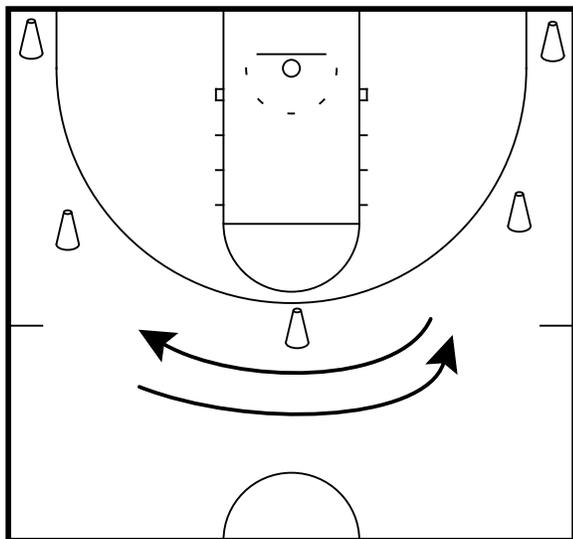


# Army WBB

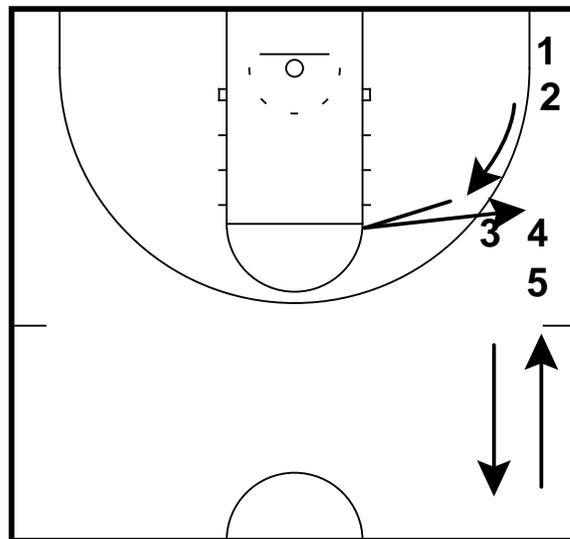
## 15 Minute Shooting Test

Two in a row shooting



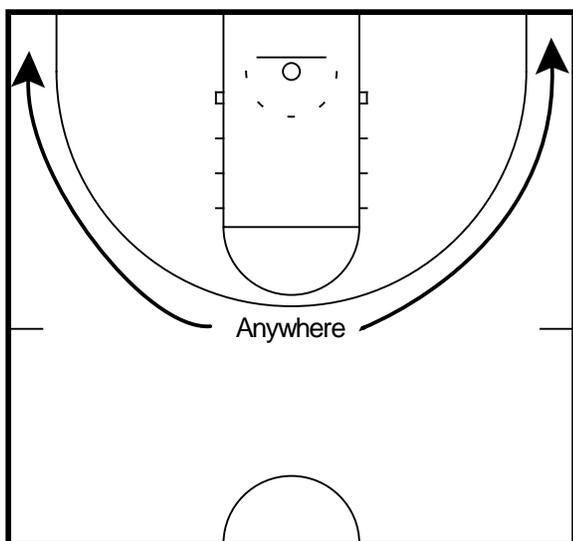
- 5 spots (Goal: 50+ makes)
  - Make as many shots at each spot w/o missing 2 in a row
  - Change spots whenever you miss 2 in a row
  - Count total makes
- 5 mins

Wing Shooting



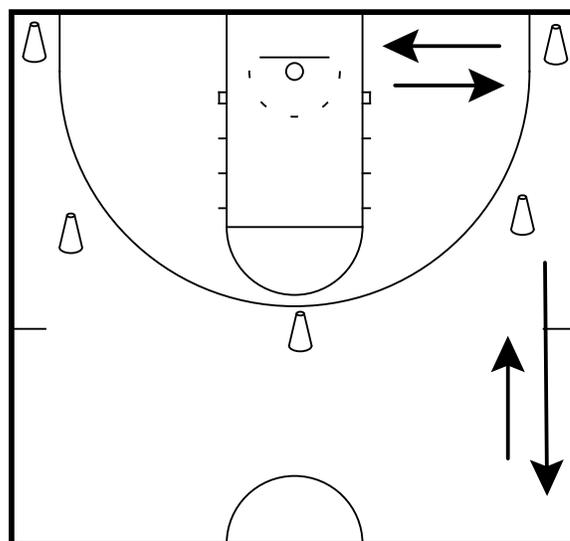
- 5 shots per side (Goal: 38+ makes)
  - 1. Catch and shoot 3
  - 2. Side step 3
  - 3. Pin down 3 (time the pin down accordingly)
  - 4. Flare 3 (time the flare accordingly)
  - 5. Transition 3
  - Alternate sides after each series
- 5 mins

One Spot



- Pick one spot on the floor (Goal: 55+ makes)
  - \*We were the weakest from the left wing last year\*
  - Make as many shots as possible from chosen spot
  - You can choose to move spots
- 5 mins

Spot Shooting



- 10 shots total at 5 spots (Goal: 35+ makes)
  - 1. Catch and shoot x 2
  - 2. Sprint in back pedal x 2
  - 3. Step back x 2
  - 4. Transition 3 (sprint to half court & back) x 2
  - 5. Catch and shoot x 2
  - Once you complete the last spot if time allows end with all catch and shoots to add to your total
- 5 mins