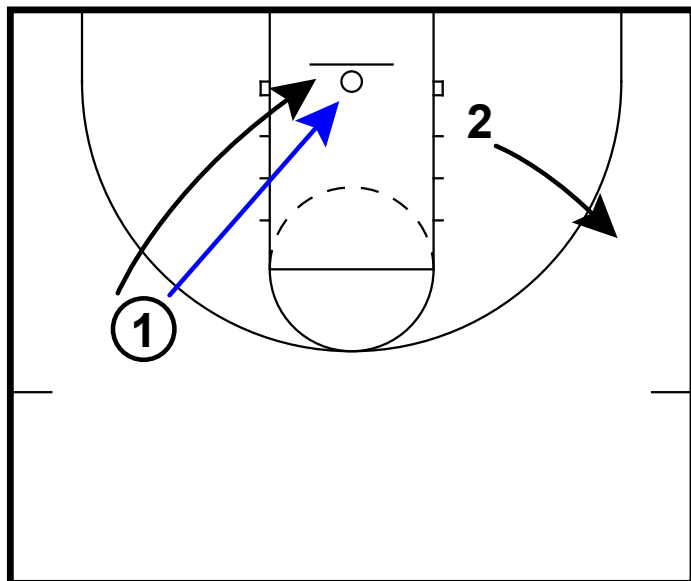
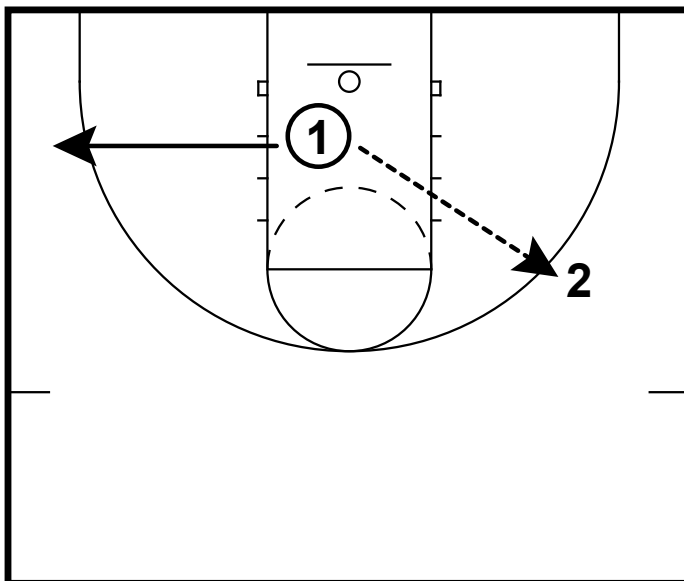


CAROLINA SHOOTING



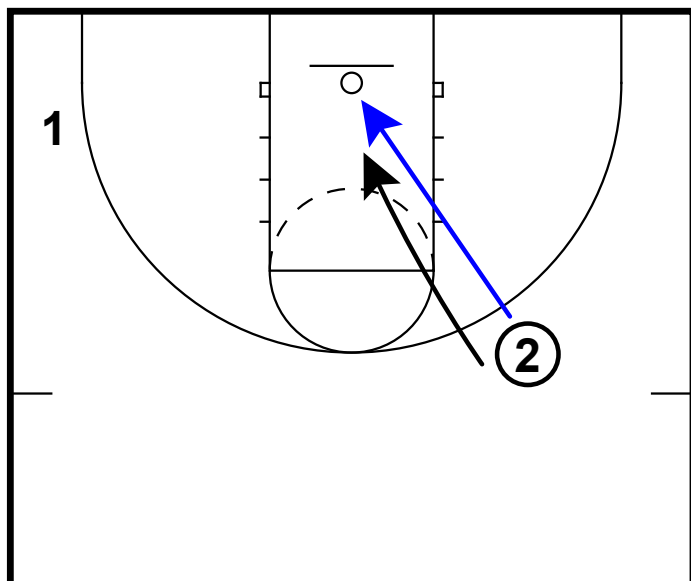
Here is a great partner shooting drill that works on passing, catching and footwork. The shooter will start with the ball anywhere on the floor. He shoots (blue line) and follows his shot. 2 will relocate to anywhere on the floor.

CAROLINA SHOOTING



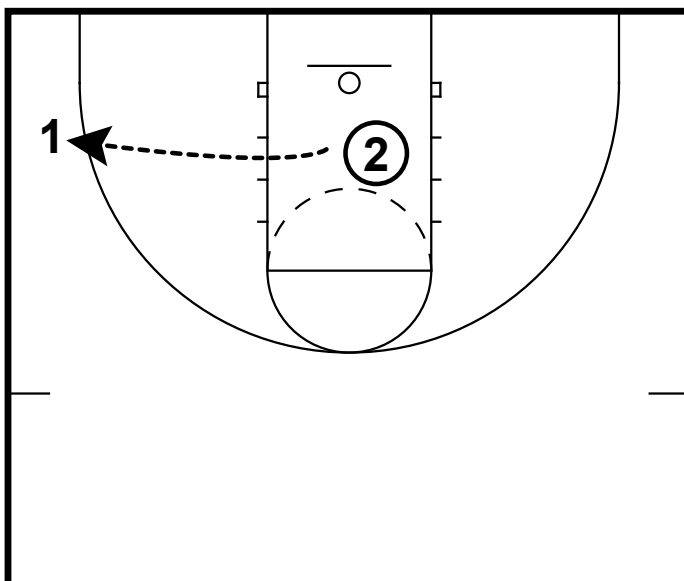
The shooter always rebounds his own shot. When 2 relocates the 1 will pass him the ball. We recommend 2 things when passing in drill work. Always call the receiver's name and pass with your weak hand.

CAROLINA SHOOTING



As 2 is shooting the 1 will relocate to a different spot on the floor.

CAROLINA SHOOTING



The 2 rebounds his own shot. Call's out the shooters name and gives him a good weak hand pass. The emphasis for the shooter is to have your knees bent, hands up and meet the pass.