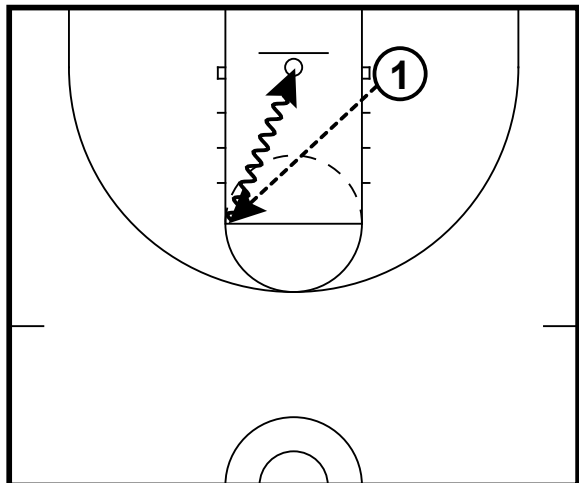


X-Outs

WTWGBB

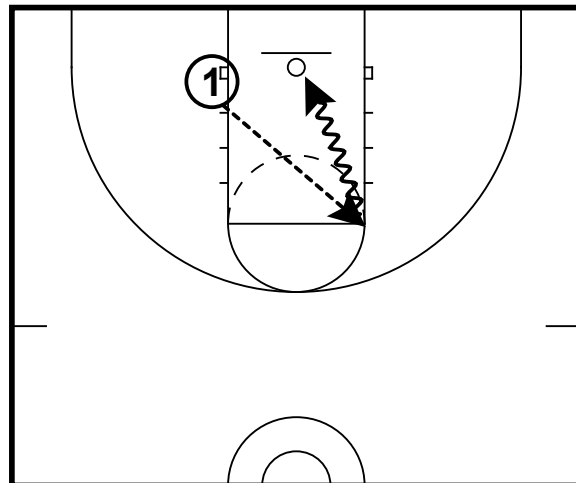


Time: 1 minute

Goal: High school varsity player should be able to make 13-15 in 1 minute.

Player starts on either block, facing the free throw line. To start the drill/timer, they roll the ball out to the opposite elbow, and sprint to catch it on a jumpstop.

The player front pivots and drives to the rim to score.



After scoring, the player will rebound the ball on the same side from which they shot. They'll then roll the ball out to the opposite elbow, catch on a jump stop, and drive to score a layup.

The drill continues in this pattern for one minute. Count all makes.

Variations: add variations for types of finishes (pro hop, euro, power layup, etc) and pivots at the elbow (reverse, turn in the air, etc).