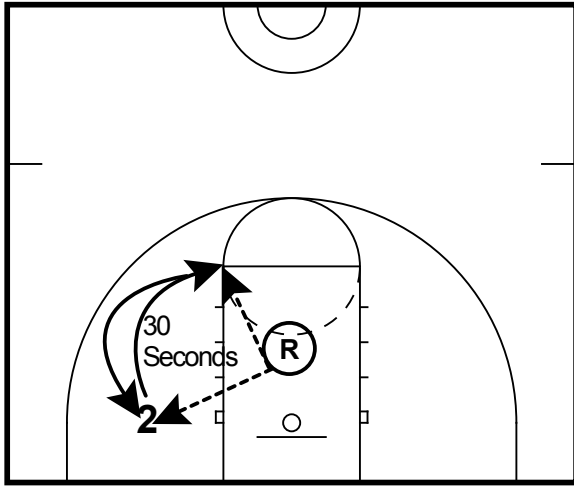
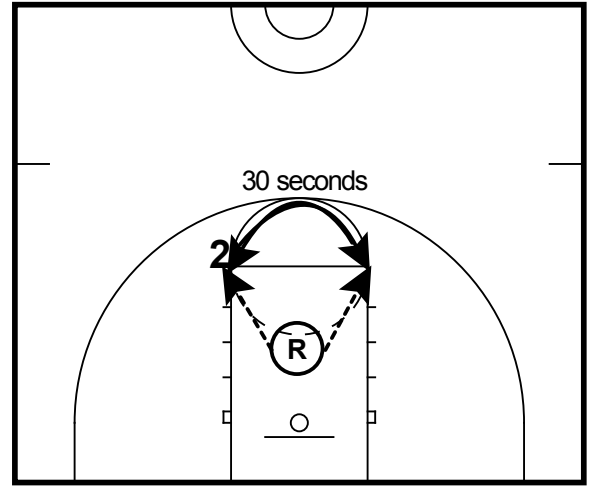


3 Minute Spot to Spot

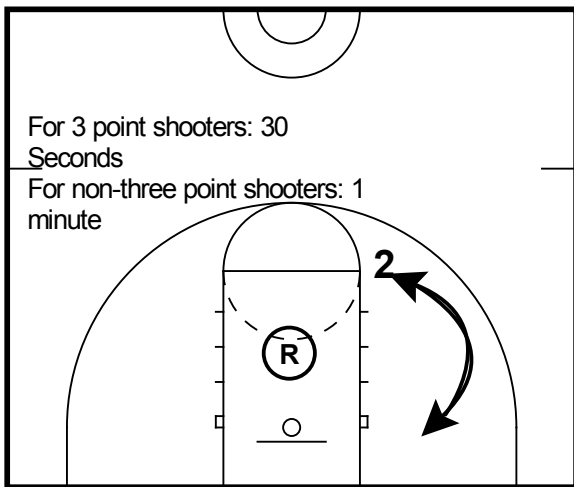
WTWGBB



Short corner and elbow for 30 seconds. Alternate locations, rebounder should be hustling after the ball.

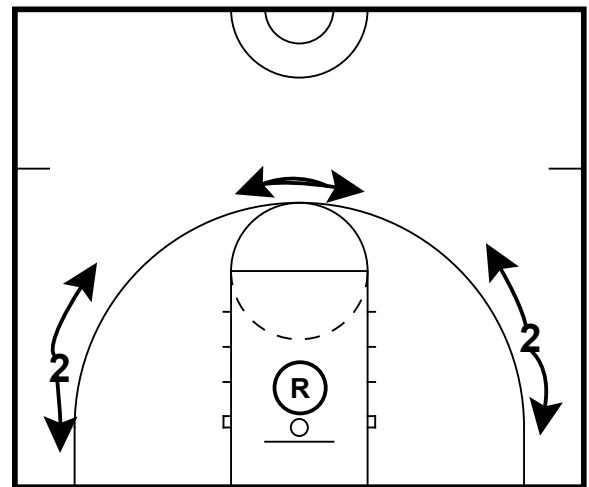


Elbow to elbow around the top of the key for 30 seconds.



Elbow to short corner for 30 seconds, alternating spots.

Stay at these locations for 1 minute if you are not a three point shooter. After that, work your way back to the original elbow/short corner side.



Three point shooters only - step outside after completing one round of elbow/short corner, elbow/elbow, and elbow/short corner.

30 seconds alternating in each of the six locations on the perimeter.