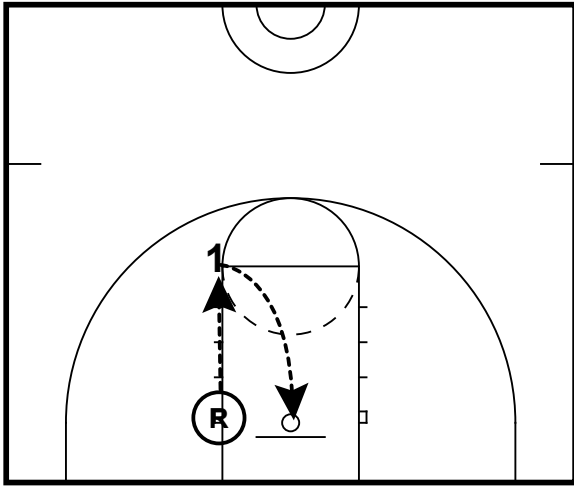
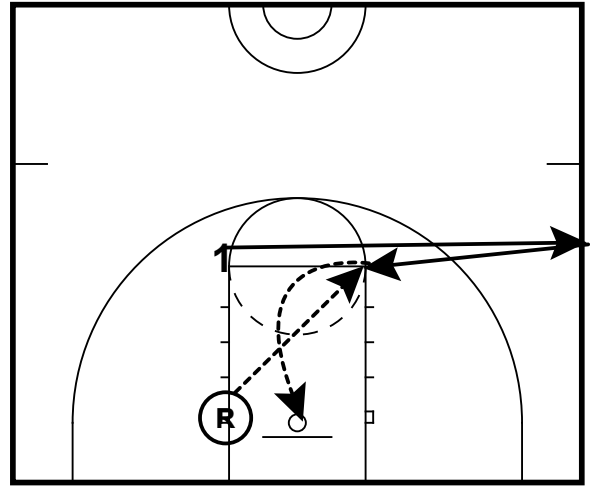


Elbow Sideline

WTWGBB

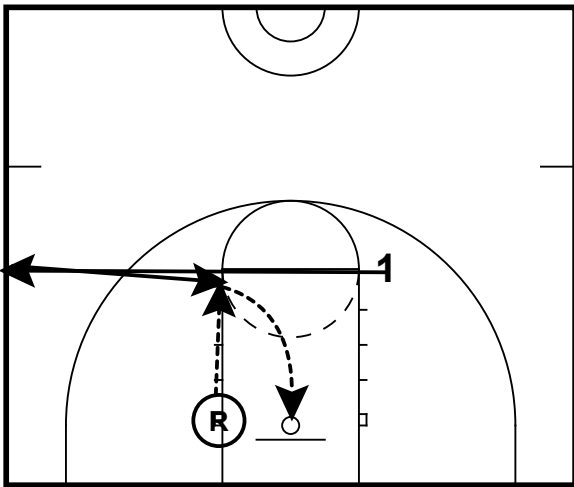


Start with the rebounder under the basket, and the shooter at either elbow. Rebounder passes the ball to the shooter, and the shooter will catch and shoot at the elbow.



Rebounder rebounds the ball, while the shooter jogs to the opposite sideline.

Shooter will then sprint in to the other elbow for a catch and shoot jumper.



Drill continues this way for 1 minute.