**COMPETITIVE GUN WORKOUT**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **DRILL** | **TIME** | **MAKES** | **MISSES** | **PERCENTAGE** | **WIN** | **LOSS** |
| **100 Shot Drill** |  |  |  |  |  |  |
| Free Throws – Shoot 10 |  |  |  |  |  |  |
| **“99” Shooting** | **5:00** |  |  |  |  |  |
| Free Throws – Shoot 10 |  |  |  |  |  |  |
| **“Baseball” Shooting** | **5:00** |  |  |  |  |  |
| Free Throws – Shoot 10 |  |  |  |  |  |  |
| **+2/-2 Shooting Drill** | **4:00** |  |  |  |  |  |
| Free Throws – Shoot 10 |  |  |  |  |  |  |
| **Corner/Top (1) – 20 Shots** |  |  |  |  |  |  |
| Free Throws – Shoot 10 |  |  |  |  |  |  |
| **Corner/Top (2) – 20 Shots** |  |  |  |  |  |  |
| Free Throws – Shoot 10 |  |  |  |  |  |  |
| **“Arc” Shooting** |  |  |  |  |  |  |
| Free Throws – Shoot 10 |  |  |  |  |  |  |

**WIN/LOSS** = Did you win or lose that individual drill based on either shot percentage, time or both

Tempo for corner/top shots should be 3 seconds

Tempo for “Arc” Shooting is 5 seconds

**100 Shot Drill** – Player will 20 shots from five different spots. The corner, wing, top, wing, corner. Goal is to make 60 out of 100 shots for the drill

**“99” Shooting** - Shooter begins in the corner. Time on this is a stopwatch or a clock that will count up from 0:00. Time begins on the first made shot and time stops when shooter achieves a score of 99. This is more of a marathon than a sprint. Some “shooters” will never finish this one, but your “makers” will and they will be your Green Light kids. Shooter gets 3 points for a made 3. The total accumulates until we get to 99. Any time the shooter misses two shots in a row, 3 points are subtracted from their running total and they must move spots. Don’t miss two in a row, and shooter never goes backwards. You have 5:00 to try and get to 99 points.

**Baseball Shooting –** Playee will shoot from nine different spots along the arc (9 innings). Player can move to next spot when they make three shots in a row. Goal is to finish spot 9 in 5:00 or less

**+2/-2 -** The shooter will move from spot to spot after shooting one shot. Every time the shooter makes 2 in a row, they get two points added to their score. Every time a shooter misses two shots in a row, they get points deducted from their score. The shooter can not go into the negatives at the beginning of the drill. Goal is to get to 20 points before clock runs out. You have 4:00 to get to 20 total points.

**Corner/Top** – Player will shoot 20 total shots alternating from corner and top. Tempo of the gun should be at 3 seconds. Goal is to make 12 out od 2o shots for 60% shooting

**Arc Shooting –** Player will shoot eight shots alternating from one corner to the next. After they shoot, they will sprint along the three point arc to get to the other corner. Goal is to haver shooter make 5 out of the 8 shots. Tempo of the gun should be at 5 seconds for this drill