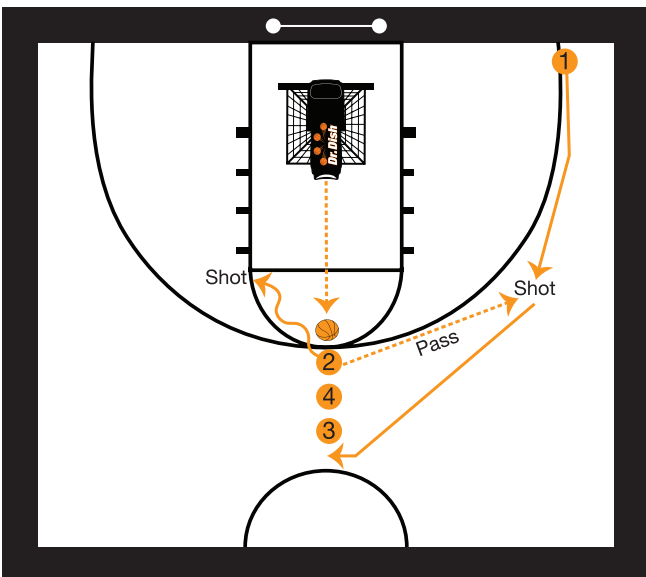
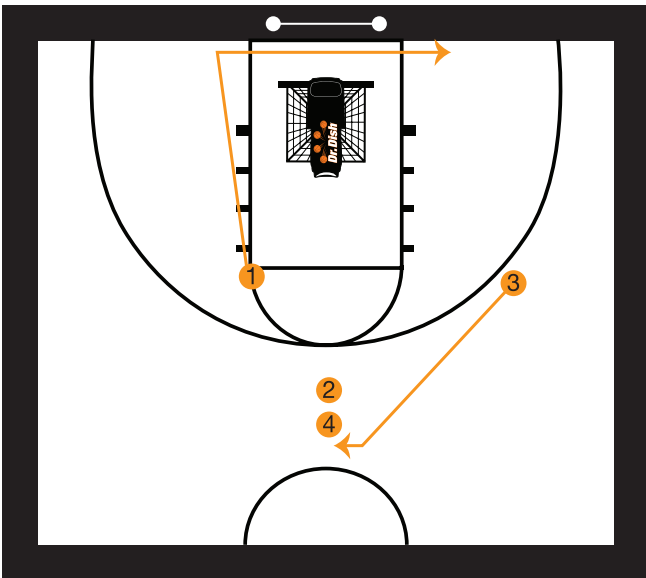
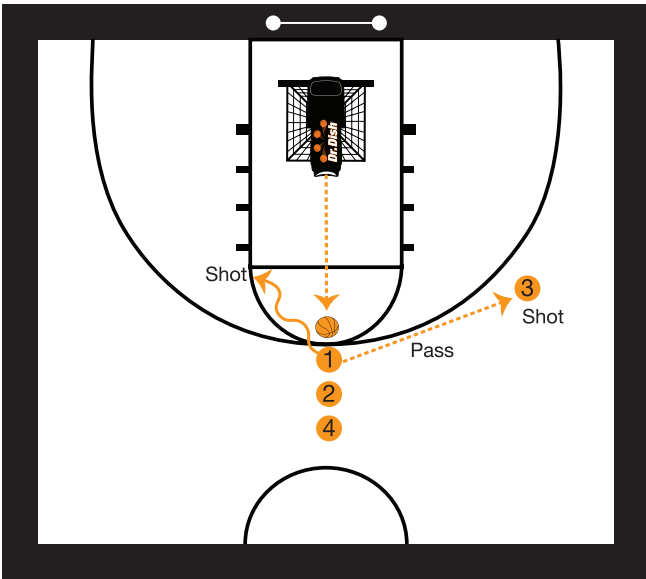




Dr. Dish®

Top/Wing Shooting I Team Drill 1

Part 1: The Dish makes continuous passes to the players on top. On the first pass #1 will catch and pass to #3 for a jump shot. On the next pass, #1 will catch and rip the ball across his/her body and attack the left elbow for a jump shot.



Part 2: #1 shoots and cuts under and behind the Dish and out to the right baseline. #3 took the shot and then hustles to the end of the line on top.

Part 3: On the next pass from the Dish, #2 will catch and pass to #1 cutting up on the right wing for the jump shot. On the next pass out of the Dish, #2 will catch and rip the ball across his/her body and attack the left elbow for the jump shot. Continue this action until completion of drill.