



## SUPER 7's (Individual Workout)

### SET-UP:

'Super 7's' use the same markers and set-up as the '7-Spot Partner Shooting Series'. This drill, however, is an individual workout.

### DRILL:

This drill consists of a series of jump shots that utilize the marks (indicated below) as points of reference.

Begin the drill from either of the corner spots. Shoot a jump shot to start and sprint to rebound the make/miss.

Rebound your shot and speed dribble to the next mark. NOTE: Each shot after the first in the series of seven will be taken off of a *dribbled-in jump shot* using your inside pivot foot.

Between each set of seven shots, players should shoot 1-free throw. Quickly track your score between each set of seven before beginning the next set. Shoot eight (8) shots on the last set to give you a total of 50.

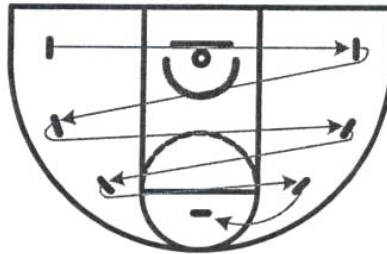


Illustration - Super 7's

### TRACKING:

Athletes should quickly record their score after each set of seven shots.

### ADVANCED VARIATION:

- Deduct one (1) point from each set of seven for each missed free-throw.

7      7      7      7      7      7      8

GRAND TOTAL: _____
50

Always work at game speed. No such thing as a shoot around.