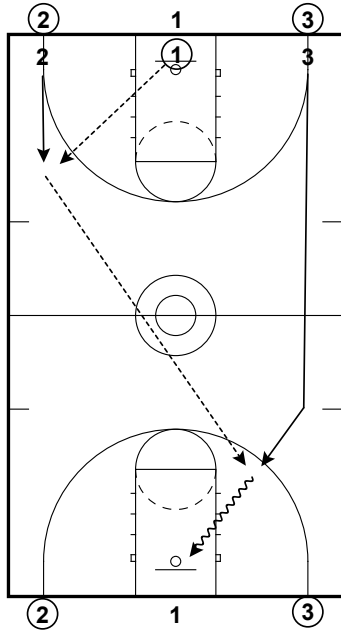
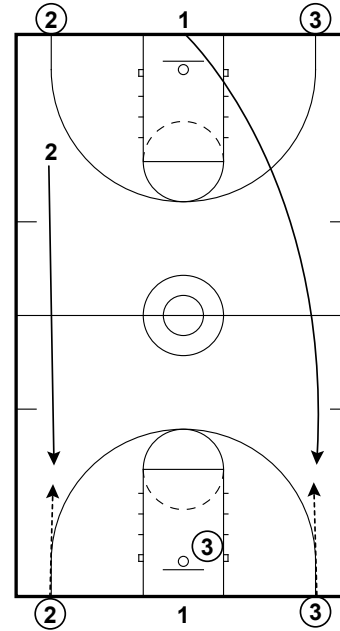


# South Titan Basketball

Creighton 100



Creighton 100



\*Goal: 100+ MFG in 5 minutes (Best-ever 135).

\*5 basketballs needed and at least 9 players.

1 always outlets the same direction (we designate a landmark i.e. "Black Hole Side").

2 diagonally passes ahead to 3.

3 catches in stride and attacks the rim.

1 and 2 run wide as 3 scores the lay-up.

2 passes to 2. 3 passes to 1.

They both shoot, follow their shot and pass back to the line they got the pass from.

Repeat process.

Fill lines clockwise (in all our drills we do this if possible).

