

30 DAY DRILL: ACCURACY TEST +1 - 2

RULES:

- **YOUR GOAL:** GET TO 10 POINTS
- IF YOU GET TO -10, YOU START OVER
- DO THIS EVERY DAY FOR THE NEXT 30 DAYS

POINTS:

IF YOU'RE FIXING MISSES TO THE RIGHT:

- MISS TO THE RIGHT = -2
- DOWN THE MIDDLE = +1
- MISS TO THE LEFT = -1



IF YOU'RE FIXING MISSES TO THE LEFT:

- MISS TO THE LEFT = -2
- DOWN THE MIDDLE = +1
- MISS TO THE RIGHT = -1

IF YOU'RE FIXING **INCONSISTENT** SHOTS:

- MISS TO THE LEFT = -1
- DOWN THE MIDDLE = +1
- MISS TO THE RIGHT = -1

PRO TIP: TO INCREASE DIFFICULTY, TAKE AN EXTRA STEP BACK OR GO TO 15 POINTS!

IN 30 DAYS, EMAIL SPLASHLABBASKETBALL@GMAIL.COM WITH YOUR RESULTS.



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