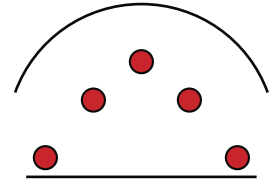


SHOOTING STANDARDS

EARN YOUR SHOT

THE DRILL

Five spots. Five shots per spot. Full speed. 25 shots total.
Run mid-range and three-point separately.



THE 5 SPOTS

THE STANDARDS

THREE-POINT		
LIGHT	MAKE %	MAKES / 25
● GREEN	65%+	17 or more
● YELLOW	50-64%	13-16
● RED	Under 50%	12 or fewer

MID-RANGE		
LIGHT	MAKE %	MAKES / 25
● GREEN	80%+	20 or more
● YELLOW	65-79%	17-19
● RED	Under 65%	16 or fewer

WHAT YOUR LIGHT MEANS

● GREEN
HUNTER

You can shoot it. Open. Contested. Off the dribble. The defense respects you. Don't hesitate.

● YELLOW
WIDE OPEN ONLY

Shoot only when no defender is within an arm's length, in rhythm, off the catch. If a defender is closing, pump-fake and attack.

● RED
NOT YET

The shot is not in your game yet. Drive it. Kick it. Make the right play. Put in the work and we'll re-test together.

PROTOCOL

Test cadence: Every 1-2 weeks. Tracked by the staff.

Promotion: Two consecutive tests above the threshold to move up a light.

Demotion: Sustained drop in production moves you down. Lights are not permanent.

Game application: Yellow shooters honor the 'wide open only' rule. Red shooters drive, dish, or pump-fake.