



Running and Shooting Combine Challenge:

Running and shooting was a game changer back in the day. After most players had mastered snap shooting and breakout shooting, a team called Dynasty came out and blew everyone away with aggressive quick moves while using their guns to defend themselves while in the open.

Revolutionary at the time, today it's a skill that all players must have in the arsenal. The running and shooting combine challenge places players as an outside corner runner. You will be moving out to your right or your left while shooting cross body, in the field. Each target will have a different point value that will effect your final score.

SET UP TARGETS:

The distance from the back center to the outside tape line where you will be running is 55ft from center on each side.

TARGET DISTANCES:

30ft from center (towards the midfield)

50ft from tape corner (55ft right/left x 50ft forward – down the tape line)

75ft from center (50 yard line)

The furthest target starting at the "center 50," will be set at 75ft from the center and as you move closer to the corner, that target gets further and further away, making it more and more difficult to hit.

Each target will have a different value associated from 1-3 points, no matter how many times you hit the target. This means that as soon as you hit one target, quickly move onto the next one! As soon as you get to the corner stopping point, you have seven seconds to get back to center and set up for the next run. You will be graded based on overall time and accuracy. You will be penalized for each missed target based on their point value over **THREE RUNS PER HAND**. The closest target is a **ONE** second penalty, the tape line target is a **TWO** second penalty and the furthest target is a **THREE** second penalty for each missed run.

Make sure you practice this one several times before jumping in. Come up with a game plan because there is a strategy to this!

Note: All players have to move in a constant lateral direction. No stutter stepping or stopping before the corner to be more accurate. This will result in a penalty!



DISTANCES AND SCORING:

Scoring will be based on a combination of time and targets hit/missed.

Target One: 30ft from center = one point

Target Two: 55ft from tape corner (50ft right x 55ft forward from center start point) = Two points

Target Three: 75ft from center (50 yard line) = 3 points

DEDUCTIONS:

Missed targets mean time added to overall time / score. Target 1 is a one second deduction.

Target 2 is a two second deduction and

Target 3 is a three second deduction.

So if you miss the first target we are adding 1 second to your time etc.

Total Target Score – 36 points at 30 seconds

WHAT YOU WILL NEED:

Three targets 10" Diameter, 3ft tall at varying distances. open shooting lanes. Preferably a completely open field. teammate or spotter to count your score and time you.