

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, but a must-have skill today. 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.

SET UP TARGETS

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

Targets 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. We suggest five reps (max score of 18 points), but the pros are doing 10! 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.

2019 TOP NATION AL COMBINE SCORES:

1. Coleman Bartlam 30.41
2. Kyle McGruder 30.66
3. Kristian Martinez 31.38

