



Shooting Drill Breakdown

Make Ten; Don't Miss Two In A Row:

- 1 shooter, 1 passer, 1 rebounder
- Take game shots from game spots at game speed

Make 8 In A Row; Putbacks Count:

- As long as the ball never hits the floor, a miss is not counted
- Post= Flash or Pinch elbow shots
- Perimeter= Tight cuts (no 3's)

Forty Points:

- 1 shooter, 1 passer, 1 rebounder
- Shoot at all 6 spots during the drill
- Three point jumpshot (3 points)
- Up fake, one dribble pull-up for a jumpshot (2 points)
- Shot fake and drive for the layup (1 point)
- Shoot two free throws to finish the drill (5 points each)
- Goal is to obtain a perfect score of 40

Thirty-Five Shots:

- 1 shooter, 1 passer, 1 rebounder
- All shots are softly guarded, move around the perimeter

First 5= Post Square Ups

- Make clean off the glass (No rim)

Second 5= Drive Spin Backs

- Catch inside 3 pt. line, shot fake, one dribble spin back off defender

Third 5= Pull-Ups

- Catch outside 3 pt. line, shot fake, one dribble stop and pop shot

Fourth 5= Catch and Shoot

- Inside 3 pt. line, shoot over hand with no dribble

Fifth 5= Catch and Shoot 3's

- Outside 3 pt. line, shoot over hand with no dribble

Set of 10= Freelance Shots

- Mix the shot selection

➤ Best drill to chart for shooting consistency

2 Feeders, 1 post: (combo drill)

- 1 wing, 1 transition passer, 1 post with extra feeder on baseline
- Pass to wing off L-cut, post spin seal
- Wing feeds post and Laker cuts
- Post scores with form
- Extra feeder hits the fill (transition passer)

2 Feeders, 10 shots: (post)

- 1 post, 2 wings (1 ball)
- Post starts on block, catches and makes a post move.
- He gets his own rebound, kicks to opposite wing, follows the pass and makes the same move off the feed as he did on the opposite block. Continue to go block to block.
- Rotate post after 5 moves each side.

3 Man Rotation Post Moves

- 1 post, 2 wings with a ball
- First post starts on block, wing feeds him and post finishes. As first post makes his move, feeder laker cuts and posts on opposite block. First post gets own rebound and fills the empty wing.
- The cycle continues with post feed and finish, laker cut and post, and rebound and fill out.

Twenty-one 3's:

- Spot 3 pt. shots
- 1 shooter, 1 rebounder, 1 passer
- 7 spots outside the 3 pt. line
- Must make 3 in a row before moving to the next spot
- Player with the fewest shot attempts wins (Min. 21 shot attempts)

Two Ball Shooting With Closeouts: (shots over a hand)

- Rotate shooter, closer, and rebounder

- Pass to shooter and closeout short with proper form
- Closer is next shooter, rebounder is the next closer
- Shooter rebounds his own shot
- First man to make 7 shots wins
- Can progress into shot fakes and fly bye's

Blue Jay 3's: Flare Shots

50 Points:

- * Move around the perimeter
- * Every make is +1, Every Miss is – 1
- * Not done until you score 50
- * Can then do 25 3's the same way

Sideline 10's:

- Start at the Elbow, run to the sideline and back
- Shoot the elbow jumper and then run to opposite sideline
- Makes are +1, misses are -2
- Done at +10, can't get lower than -4