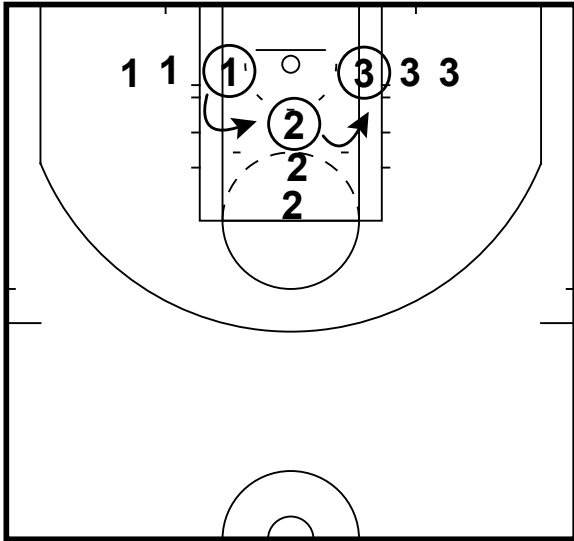


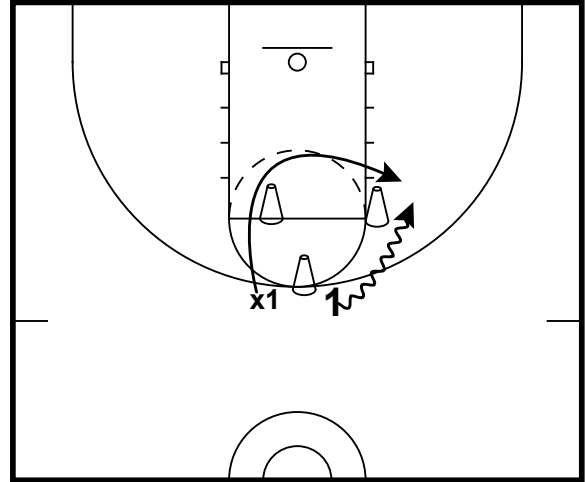
Drills

Form Shooting B2
Shooting Drills



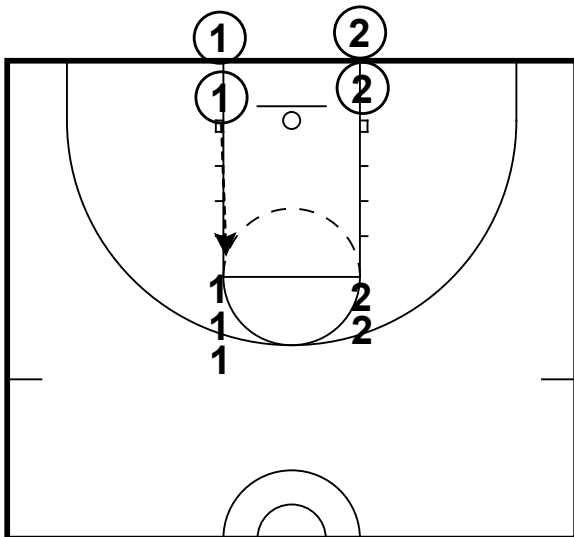
Form lines in 3 spots around the basket. (Front of the rim, Right side of the rim, Left side of the rim) Each player should take a turn focusing on the shooting emphasis. The player will grab their own rebound and pass it to the next person in line. After shooting, the players will rotate counter clockwise.

QUICKER shooting
Shooting Drills



- Defender and Shooter stand side by side at top of triangle of cones
- Defender holds the ball in the palm of their hand. The shooter grabs the ball to begin the drill
- Shoot dribbles to the elbow (or 3pt. line for older players) and shoots a jump shot
- Defender goes around the other cone and tries to get there and block their shot.
- Work with the shooter and getting their shot off quicker before the defender arrives, but NOT rushing the shot.

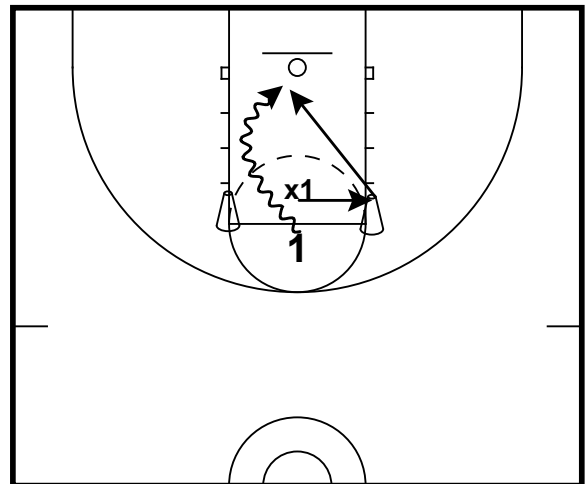
Close-Out Shooting
Shooting Drills



Player one closes out on shooter, turns and boxes out. Switch line

After a few rotations, Player shot fakes and drives to basket. Gets 2-3 dribbles

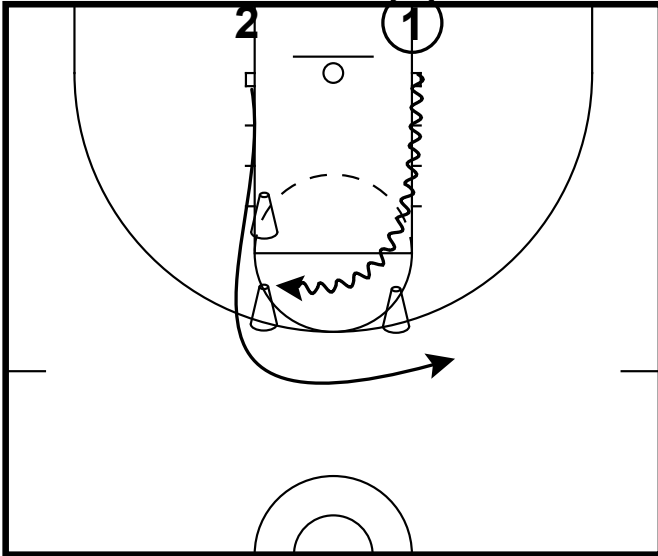
Defender cone - drive and score
Shooting Drills



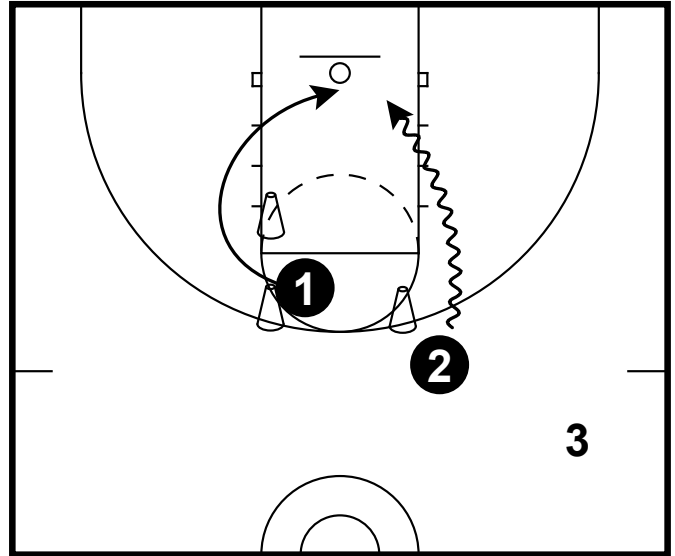
Defender starts the drill by sliding to either their left or right to the cone. Once the defender moves the offensive player drives down the other side of the lane to score at the rim. Defender tries to contest the shot at the rim without fouling.

Drills

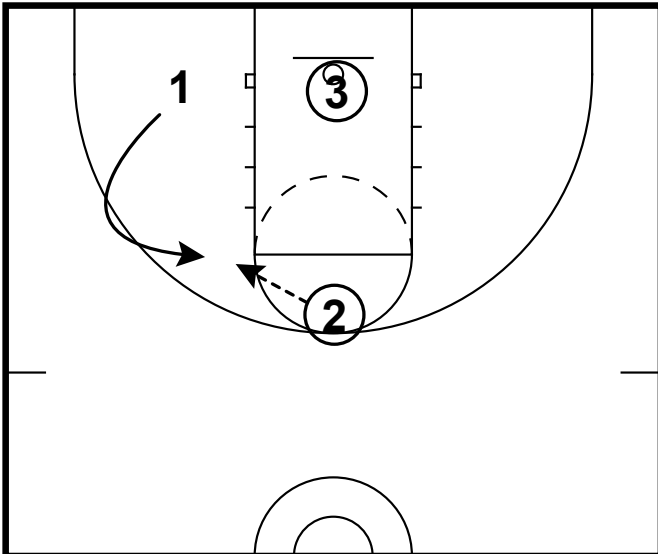
1 on 1 Toss
Shooting Drills



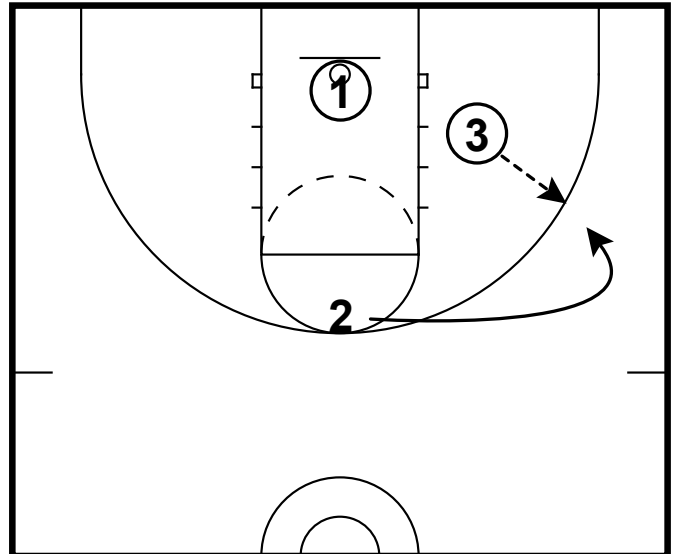
1 on 1 Toss
Shooting Drills



2-Ball Shooting
Shooting Drills



2-Ball Shooting
Shooting Drills



Drill Flow:

- 1 cuts into a game shot at game speed.
- 2 passes to 1.
- 1 shoots and follows his shot.

Points of Emphasis:

- Game shots at game speed.

Drill Flow Continued:

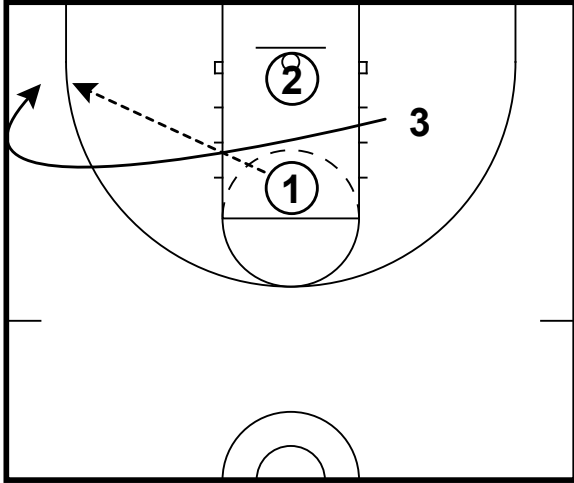
- 2 now cuts into a game shot at game speed.
- 3 passes to 2.
- 2 shoots and follows his shot.

Points of Emphasis:

- Good pass = a good shot.

Drills

2-Ball Shooting
Shooting Drills



Repeat - Repeat - Repeat:

3 now cuts into a game shot at game speed.

1 passes to 3.

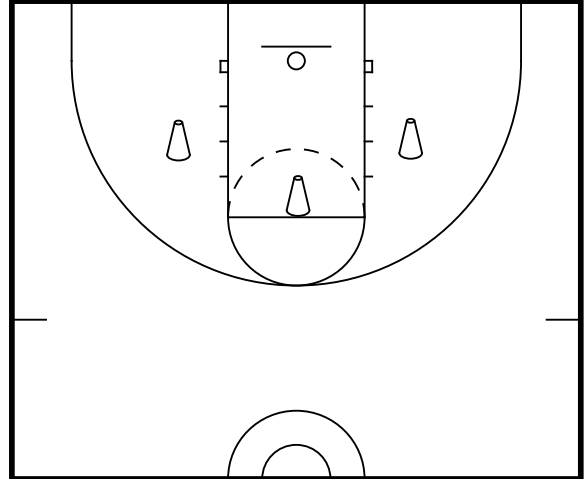
3 shoots and follows his shot.

Points of Emphasis:

-Go somewhere with your dribble.

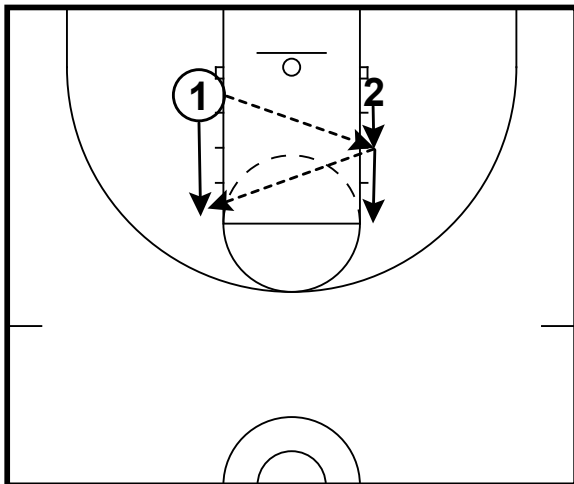
Continue for 2 minutes off the catch, and then 2 minutes off the dribble.

Dribble Pick-Up Shooting Workout
Shooting Drills



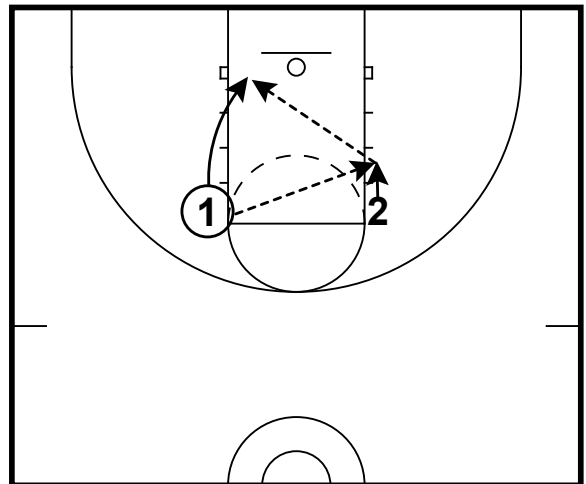
2 pounds pick-up shoot
Double Cross
Between Cross
Double Between
Between Behind
Scissor Dribble pick-up Shoot

Lane Line Passing/Shooting Drill
Shooting Drills



Players start on the block. They pass and shuffle until the elbow. Whomever has it at the elbow makes one more pass and then cuts to the basket.

Lane Line Passing/Shooting Drill
Shooting Drills



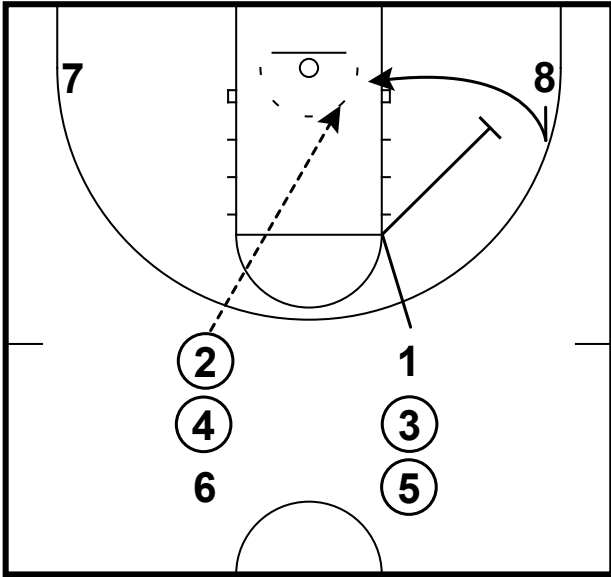
Player throws them the ball for a layup. Passer then rebounds and starts the motion over again.

Vary the pass type (chest, bounce)

Can time them and compete, can have the non-ball starting player determine when they cut to shoot.

Drills

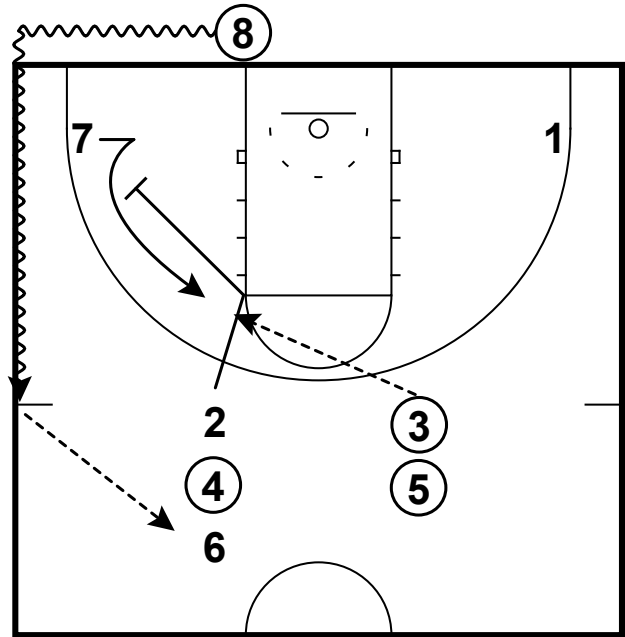
4 Corner Shooting (WPD)
Shooting Drills



4 Corner Shooting is one of our favorite motion team shooting drills. Incorporates 4 cuts when using a wide pin down screen (reject, straight, curl & flare). Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Screen Second 3) Shoot Third 4) Rebound Last 5) Change Lines. Our Goal: 15+ mfg for every minute!

1 sprints to set a "wide pin down". We emphasize a great screening angle (butt to ball) and change of speed. 8 rejects the screen and back cuts. 2 passes to 8. 8 closes his shoulder and attacks the rim!

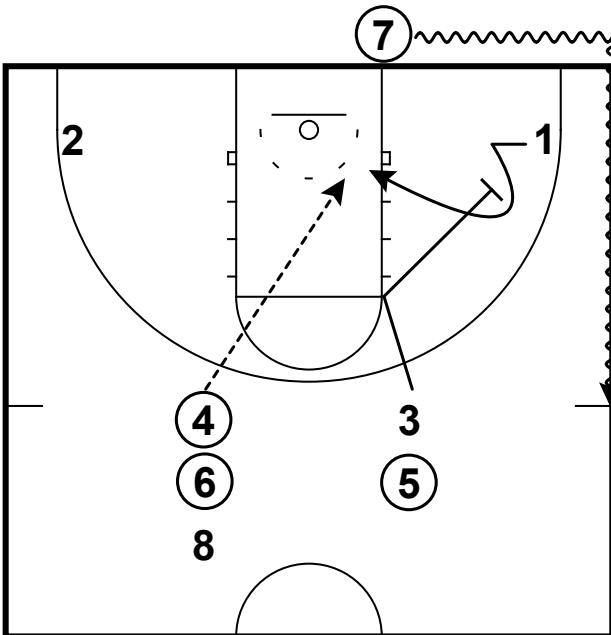
4 Corner Shooting (WPD)
Shooting Drills



Immediately after 2 passes to 8 (previous frame), 2 sprints to set a "wide pin down" for 7. On this side 7 uses the screen and makes a straight cut to the elbow. 3 passes to 7. 7 shoots (we emphasize an inside-pivot).

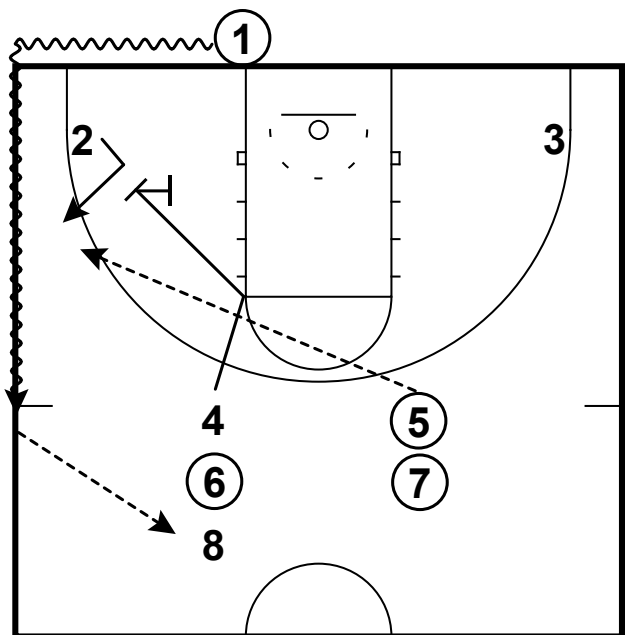
*This action would continue for 1-2 designated minutes, and then flip-flopped (reject the screen on the left and straight cut on the right).

4 Corner Shooting (WPD)
Shooting Drills



Now let's look at the next two pairs of cuts: 3 sprints to set a "wide pin down" for 1. 1 tight curls the screen. 4 passes to 1 attacking the basket.

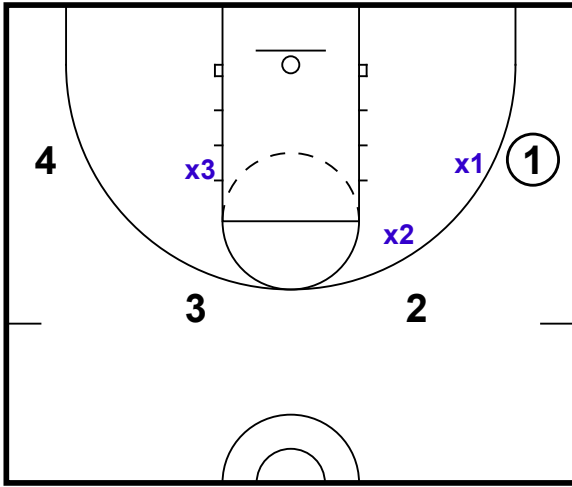
4 Corner Shooting (WPD)
Shooting Drills



On this side 4 sprints to set a "wide pin down" for 2. 2 flares and 4 repositions his screening angle. Again, this action would continue for 1-2 designated minutes, and then be flip-flopped (tight curl on the left and flare cut on the right).

Drills

4v3/3v2 Shooting
Shooting Drills

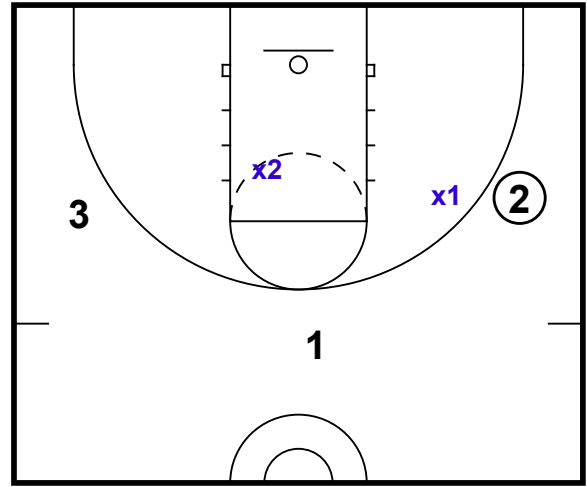


Offense moves the ball until they get a great shot.

Offense can not dribble or cut.

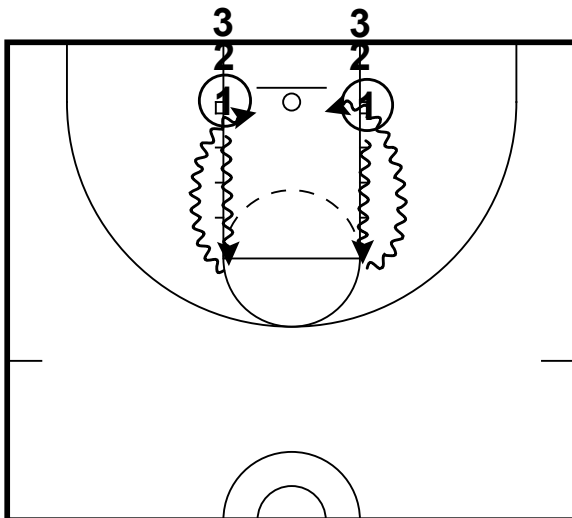
Variations: Play it live. x1, x2, x3 are "circling the wagons". Coach throws to offensive player and it's live.

4v3/3v2 Shooting
Shooting Drills



3v2 version

Elbow Finishing Drill
Shooting Drills



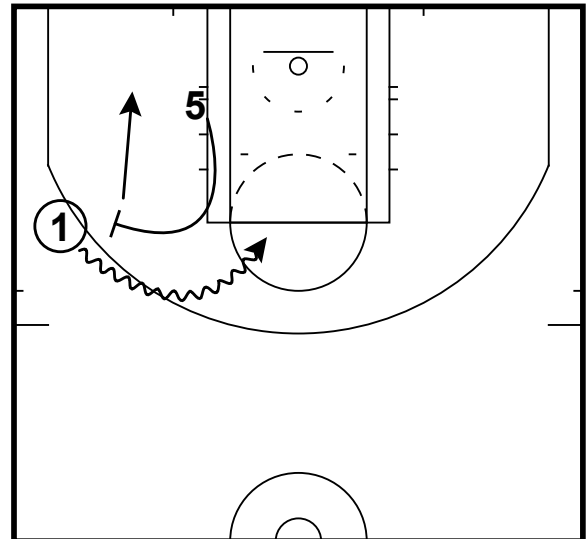
Player dribbles to the elbow. Once at the elbow, they take a hard dribble while lowering their hips and legs and they only get 2 steps to score from there.

Switch lines.

Key Coaching point:

- ensure they are lowering their hips on the pound dribble at the elbow while they drop step.
- they need to work on two big steps to finish at the rim.

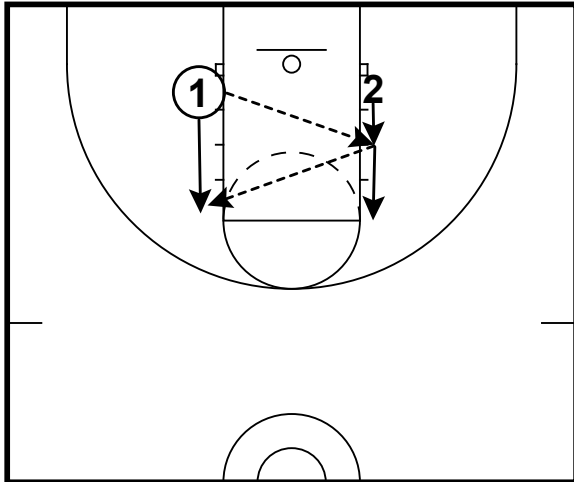
Guard/Post Partner Shooting A1
Shooting Drills



2 dribble pull-up, screen n' roll, pick n' pop, combination move. 1 will attack the screen using about 2 dribbles into a shot. After 5 sets the screen he/she will pop to the short corner for a jump shot.

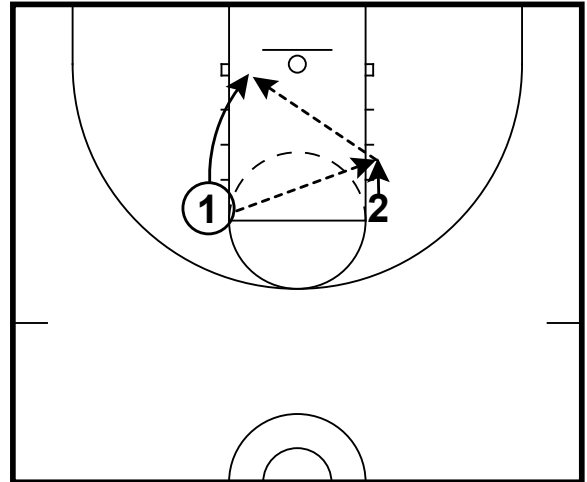
Drills

Lane Line Passing/Shooting Drill
Shooting Drills



Players start on the block. They pass and shuffle until the elbow. Whomever has it at the elbow makes one more pass and then cuts to the basket.

Lane Line Passing/Shooting Drill
Shooting Drills

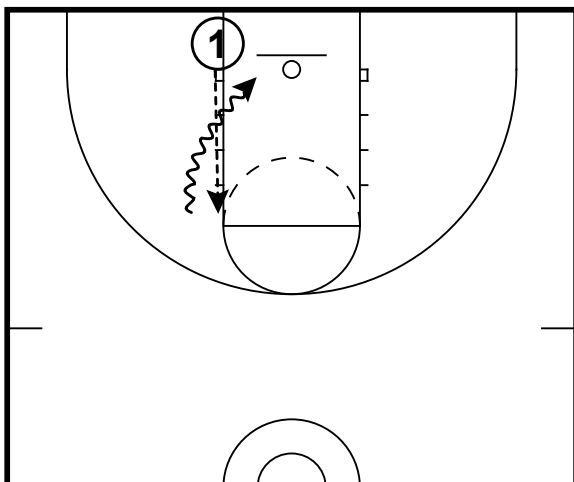


Player throws them the ball for a layup. Passer then rebounds and starts the motion over again.

Vary the pass type (chest, bounce)

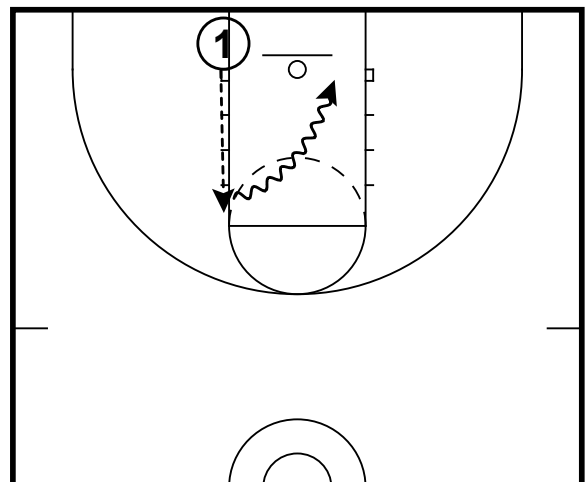
Can time them and compete, can have the non-ball starting player determine when they cut to shoot.

Olympic Series
Shooting Drills



Player tosses/spins ball out to elbow, reverse pivot and finish on the same side. Two to three different finishes. Can do lay ups, jump shots, etc.

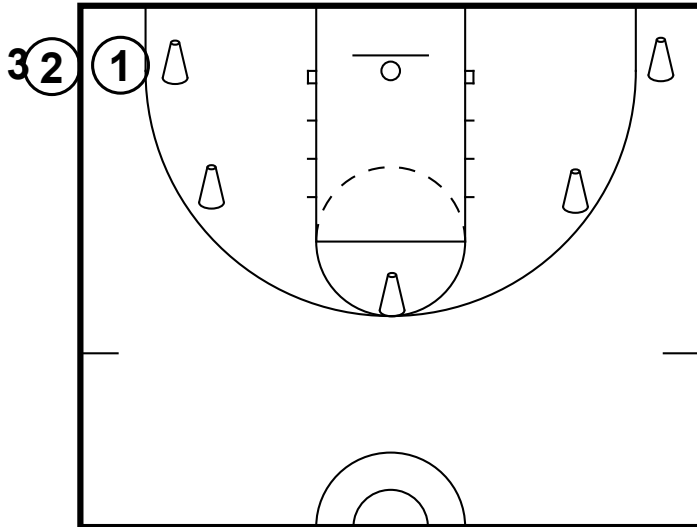
Olympic Series
Shooting Drills



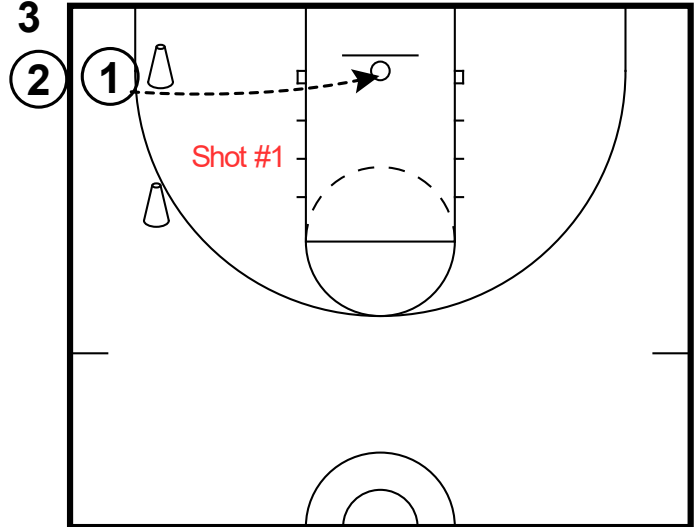
Toss/Spin ball out to elbow, reverse pivot and finish on opposite side of the basket. Teach them to rip, jab step and cross over, rocker step, etc.

Drills

Olympic Shooting
Shooting Drills



Olympic Shooting
Shooting Drills



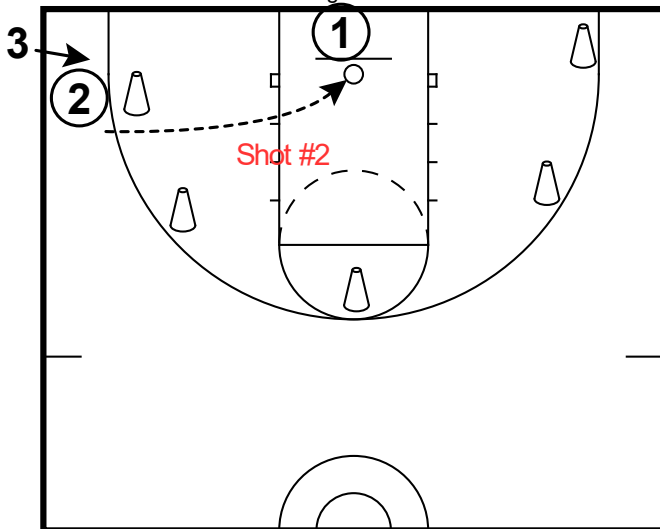
Olympic Shooting Drill Set-up: 3 players with one or two basketballs starting in either corner. Goal of the drill is to make 5 shots at all 5 perimeter spots designated by the cones in four minutes.

Player 1 shoots first shot and gets their own rebound.

One variation is to set up competition and first team to complete their shots at all 5 cones wins.

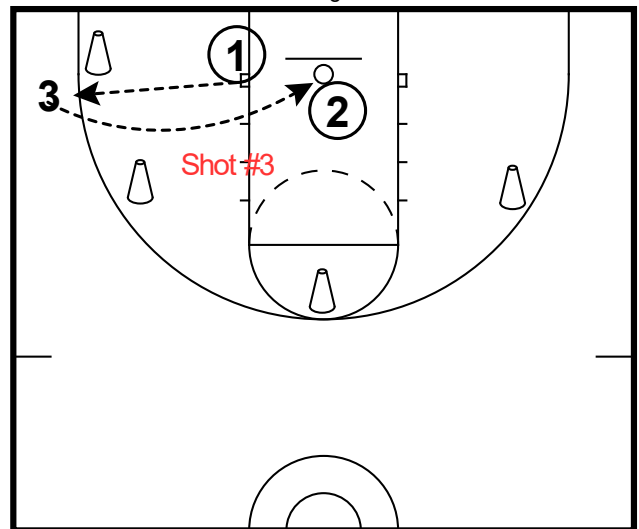
Coaching tip: Move the cones in for younger grade levels.

Olympic Shooting
Shooting Drills



Player 2 shoots 2nd shot and gets their own rebound.

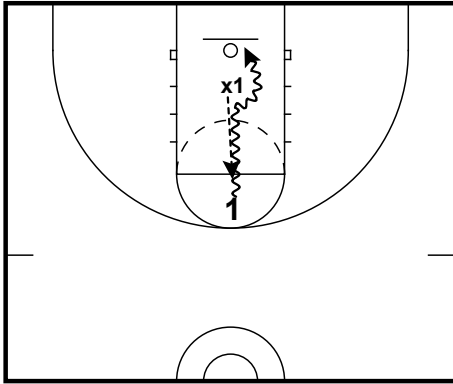
Olympic Shooting
Shooting Drills



1 passes to 3 and she shoots and gets their own rebound. 1 then shoots again and receives pass from the 2 and the drill repeats until the goal is made at each spot.

Drills

Partner Lay-Ups
Shooting Drills

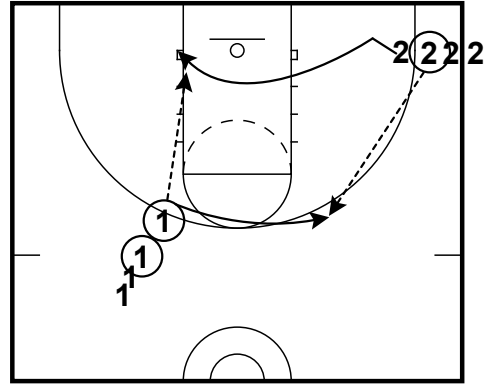


Player under basket throws ball to player near top of key

Player near the top of the key drives at the player by the basket and makes a move around them.

Switch each time. Change up the moves. Defender is stationary. Focus is on offensive drill.

2 Wide Shooting (Roseville Variation)
Shooting Drills



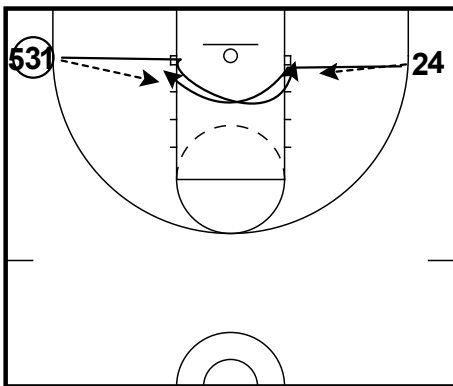
Two lines and you need 3 basketballs

The line on the baseline the first person starts without a ball. That player makes a baseline "flex" cut to the other block. Player 1 from the wing makes an entry pass.

Player receiving the pass on the block makes a post move you determine to score (drop step, step thru, jump hook)

Player one after making an entry pass cuts to the elbow or 3 point line to receive a pass from player 2 and catches and shoots.

Roseville Shooting with Drop Steps
Shooting Drills

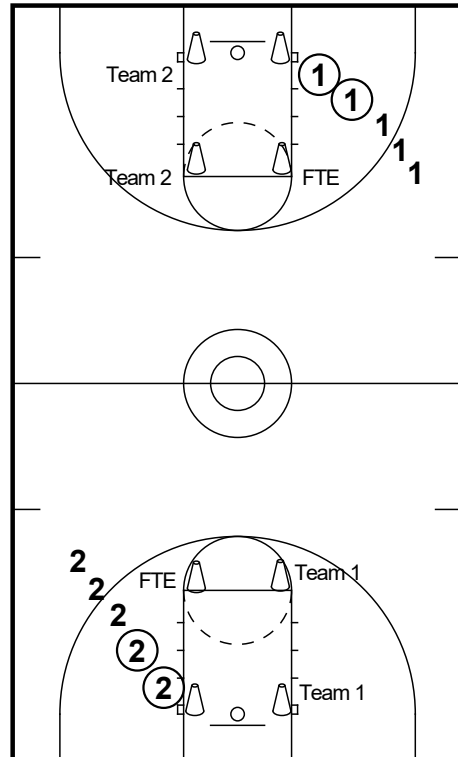


Make a cut to the block, then a block to block move.

Catch the ball at the block, drop step and score.

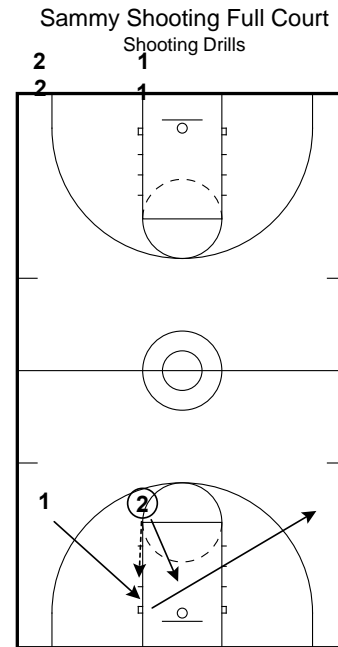
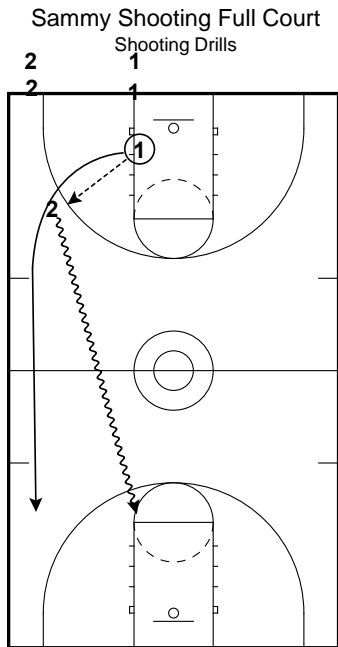
Can add other post moves to this or change to jump shots at the elbow

Royals Win! Shooting Competition
Shooting Drills



Drill Flow:...

Drills



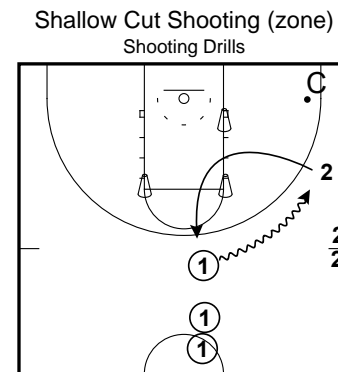
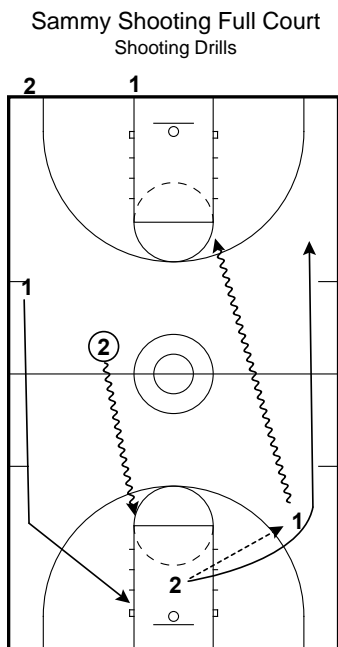
Player 1 throws ball off the backboard, gets rebound, outlets to player 2.

Player 2 dribbles full speed to the right elbow, jump stops, and makes a bounce pass to player 1 who after the outlet pass sprints behind player 2 and makes a right handed lay up.

Coaches: Emphasize spacing, making a hard cut towards the basket, and player 2 making a jump stop.

After 1 makes the lay up, 1 continues to the wing to catch the outlet pass, 2 gets the rebound and passes to 1. 1 speed dribbles to the other end right elbow. 2 fills the outside lane.

Once to half court, the next group can go.



1 dribbles off the top at 2

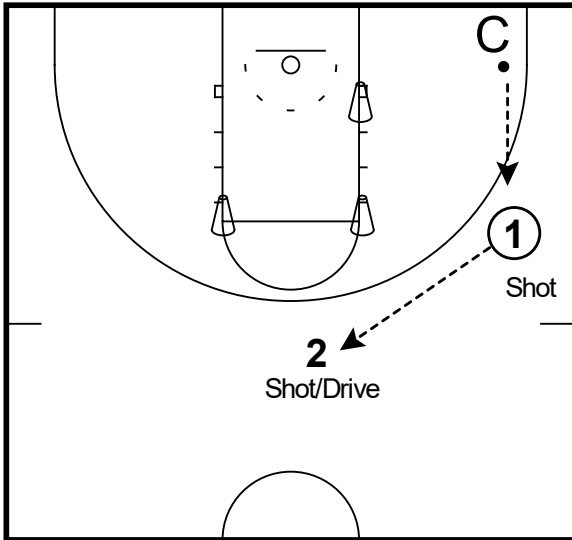
2 executes a "two gap" shallow cut

Coach/Passer has ball in the corner

Recommendation: Do 2 trips with a lay up, 2 trips with a jump shot, then reverse direction and go on the left side and repeat same series. Great for conditioning as well as getting players to not take short cuts when they get tired.

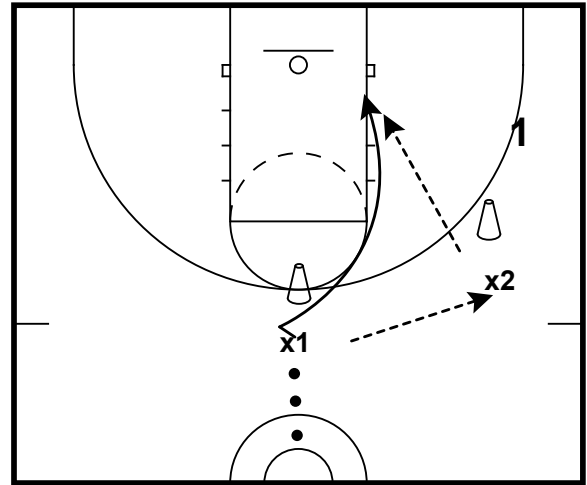
Drills

Shallow Cut Shooting (zone)
Shooting Drills



- 1 passes back against the grain of their dribble to 2
- 2 gets shot/drive
- Coach/Passer hits 1 with a pass, 1 gets a shot
- Run drill on both sides of the floor

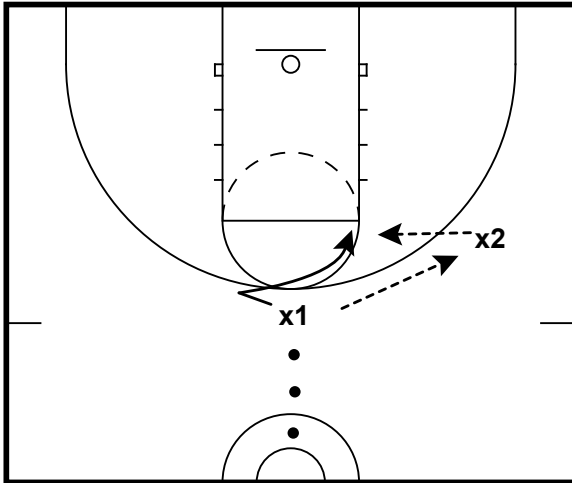
Shuffle Cut Drill
Shooting Drills



Run this drill on both sides of the floor. Run for lay ups, elbow jump shots. Drill helps players with read and react principles.

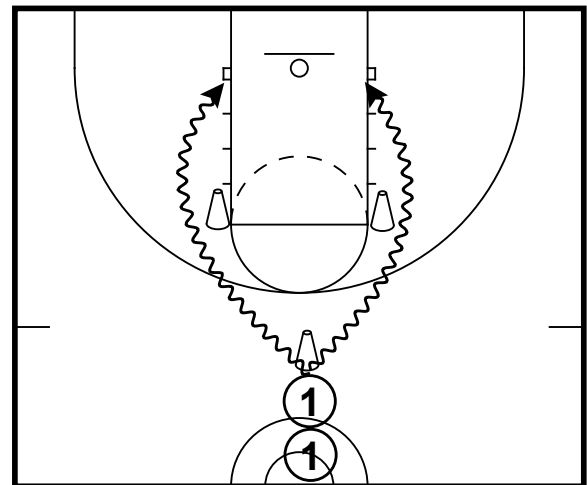
Coaching Tip: Make sure the passing line makes passes as if there is a defender in front of them.

Shuffle Cut Drill
Shooting Drills



- Line with ball passes to wing
- Player makes a jab step away from ball, then cuts to elbow on ball side, receives pass, jump shot from elbow

Start/Stop finishing Drill
Shooting Drills



- focus on change of pace at the cones. Over dramatize the "stop" at the cone. Start with almost a complete stop so the player gets the gist of the change of pace.
- can have them change direction with a cross, between, behind, etc.
- Vary the angle of attack also.