

Shooting	Description	Link: Demo or Drills	Grade level
Beginner Right or Left(strong-hand) Layup	1 step 2 step 1 dribble	https://www.youtube.com/watch?v=Tm7N2HU4noQ	4th-5th
Layup	Ability to complete a layup from both sides jumping off the inside foot and shooting with the outside hand. This is done off the dribble and after receiving a pass.	https://www.youtube.com/watch?v=BwR1DPCVsP8	All
Power Layup	Dribble to the basket, execute a two-foot jump with the shoulders parallel to the backboard and feet pointed to the baseline. Power the ball up off the board.	https://www.youtube.com/watch?v=qkHBMmMIer8	All
Bank Shot	Develop the ability to execute a bank shot and where on the court provides the best angle to shoot a bank shot.	https://www.youtube.com/watch?v=TackHHEhRTM	All
Form Shooting (“straight”) *3-6ft range	Starting close to the basket, maintain proper shooting mechanics. Use both one and two-hand form shooting.	Arc(elbow extends 60 degrees from shooting pocket) Rotation(ball rolls off finger pads(index-middle) Accuracy(elbow in-index/middle finish “up & over the rim” Off-hand “karate” https://www.youtube.com/watch?v=MxO-5-bJmoM https://www.youtube.com/watch?v=iTp4iipLivs	All
1-2 Step Catch and Shoot (moving)	The foot of the first step should land as the ball is caught. Bring the other foot into position squaring up to the basket while moving the basketball into shooting position.	https://www.youtube.com/watch?v=4PRQjKCX3-w https://www.youtube.com/watch?v=rKjTXq3FUfs	*6-10 ft range(4th-5th) *10-15ft range(6th-8th)
Jump shot/Shooting off the Dribble	Shot fake or dribble moves to shooting off the dribble	https://www.youtube.com/watch?v=CDysYxvWtMs https://www.youtube.com/watch?v=yZb80AXnl24 https://www.youtube.com/watch?v=V9lsb83eIl4 https://www.youtube.com/watch?v=PlrTNkdb8ZA	6 th -8 th
Free Throws	Develop a routine (2 dribbles shoot)	https://www.youtube.com/watch?v=HrjI91zw7mQ	All
Basic Post Moves (Back to basket or Face up)	Drop Step baseline or middle; Reverse pivot(spin) for drive, shot or shot fake/drive(up/under)	https://www.youtube.com/watch?v=9ZYyvCcephs https://www.youtube.com/watch?v=UGnV7UMQHMc https://www.youtube.com/watch?v=bfmADWVQp3o	7 th -8 th
3pt range	Develop form at the 17ft range first then move out to 3 pt arc	*Work on 3 pt range last in shooting workout	7 th -8 th
Dribbling Stationary/moving	Control, dribble moves, speed *see Skills on website	https://www.youtube.com/watch?v=ndL8oQ7F9_0 *500-1500 minutes as a goal	All

Note: 4th-5th gd work toward a goal of 1500-3000 shots. 5th-6th gd consider 3000-4500. 6th-8th consider 4500-9000. Better to have quality over quantity. Use above as a guideline only, be creative and challenge yourself each shooting/dribbling session. **Basketball players are made in the summer!**