

Shooting

Teaching Points

- B-E-E-F
 - Balance
 - Feet square to basket shoulder width apart
 - Strong hand foot slightly ahead of weak hand foot
 - Elbow
 - Directly over strong hand foot
 - Eyes
 - Center of the basket
 - Eyes should not watch ball after it's released
 - Follow-Thru
 - Elbow extended – good extension makes for good arc
 - 'Never Up Never In'
 - Elbow should be even with the eye
 - Break wrist – creating backspin...Reaching into the 'Cookie Jar'
 - Hold follow-thru until ball hits floor
- REPS...REPS...REPS...REPS...REPS!
 - Need to put in time on your own to become a good shooter.

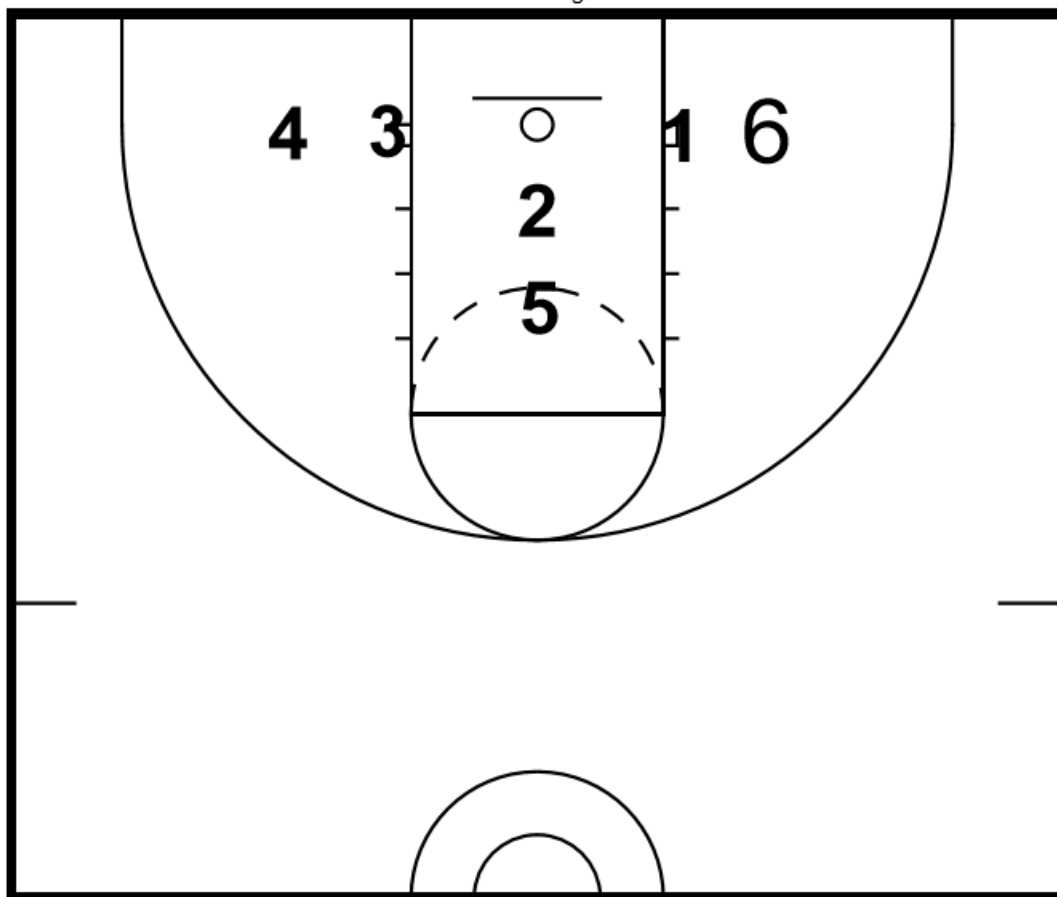


Form Shooting

All Grades (0:05 – 2:11)

Drill

Form Shooting
Shooting



Players shoot 5 shots from each spot. 30 shots total.
*Older players you can require get 5 makes or swishes at each spot.
*Great time to focus on shot mechanics. DON'T RUSH!

3 Man 2 Ball

All Grades (2:12 – 6:03)

Need 3 players and 2 basketballs. Coach will announce what 'Types of Shots' the players are shooting but the players decide where on the floor they will take them. Want them to hustle to their next spot after passing and always hustle after their rebound. Should be ready to shoot it with knees bent and showing a hand target. Should have constant movement. Great way to start practice getting players moving. Great opportunity to get up a lot of shots.

Player 1 shoots first...gets their own rebound...passes to Player 3. Shortly after Player 1 shoots Player 2 shoots...gets their own rebound...passes to Player 1. Continue to pass to the same person.

Types of Shots:

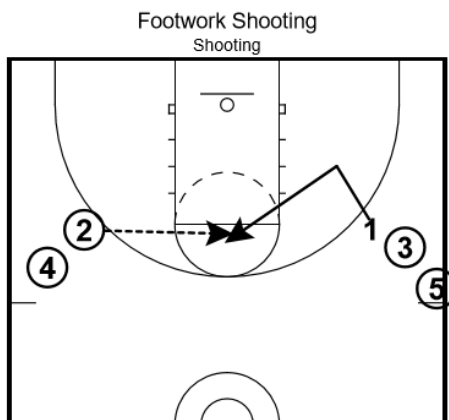
- Catch Shoot 15
- Catch on the move (Shooting off inside foot)
- Catch at 15 / shot fake / lay-up
- Catch at 3 / shot fake / pull-up
- Catch shoot 3

2 on a Ball

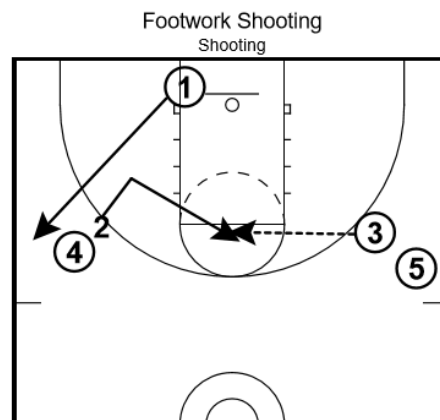
Same as '3 Man 2 Ball' expect have 2 players and 1 basketball.

Footwork Shooting

Grades 6th – 8th (6:04 – 8:49)
Drill



- 1 makes a V-Cut to nail
- 2 passes to 1
- 1 takes inside foot (right) jumper



- 1 gets own rebound and goes to the other line
 - 2 makes V-Cut to nail
 - 3 passes to 2
 - 2 takes inside foot (left) jumper
- DRILL CONTINUES - 2 of each of following from both sides
- 1.) Shoot 15 ft. jumper
 - 2.) Shot fake at nail (go back where came from) 2 dribble lay-up
 - 3.) Shot fake at nail / 1 dribble pull-up
 - 4.) Shoot the 3