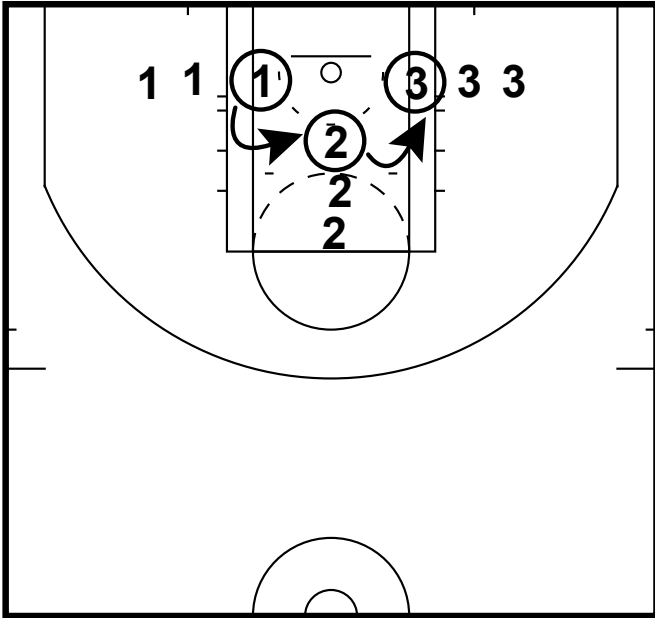


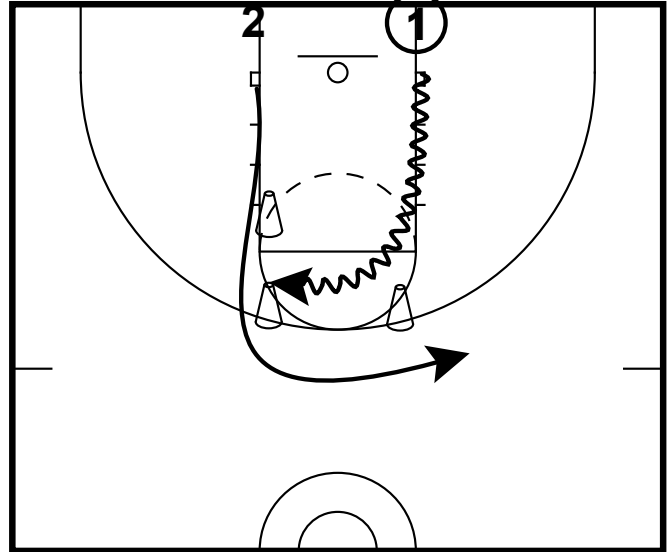
Drills

Form Shooting B2
Shooting Drills

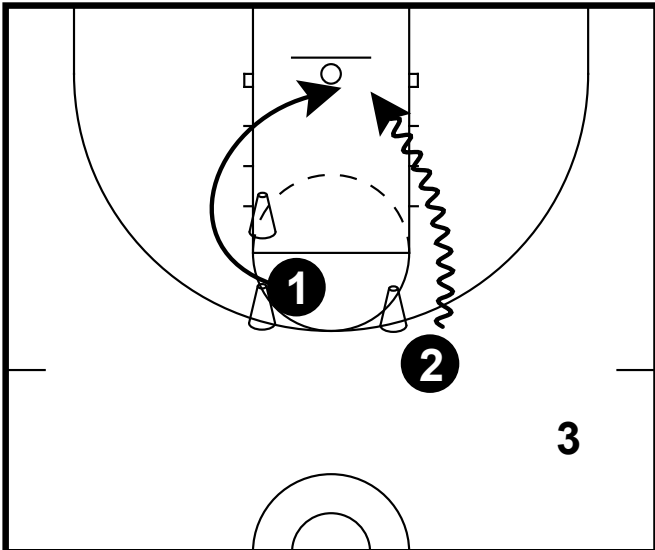


Form lines in 3 spots around the basket. (Front of the rim, Right side of the rim, Left side of the rim) Each player should take a turn focusing on the shooting emphasis. The player will grab their own rebound and pass it to the next person in line. After shooting, the players will rotate counter clockwise.

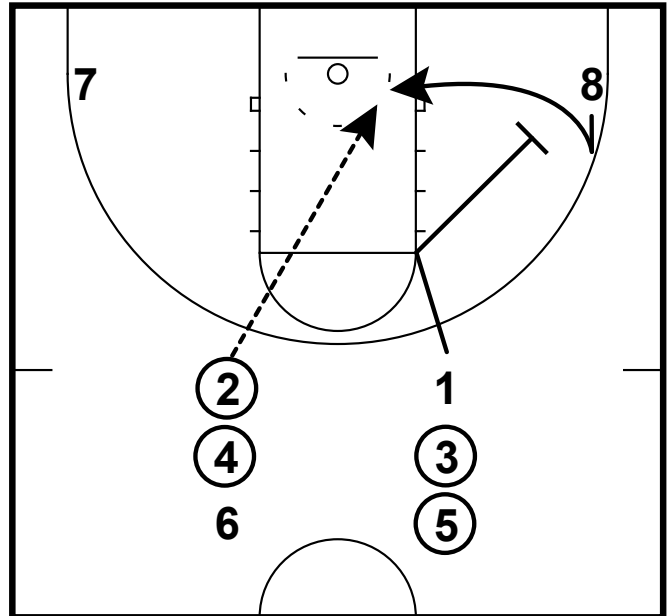
1 on 1 Toss
Shooting Drills



1 on 1 Toss
Shooting Drills



4 Corner Shooting (WPD)
Shooting Drills

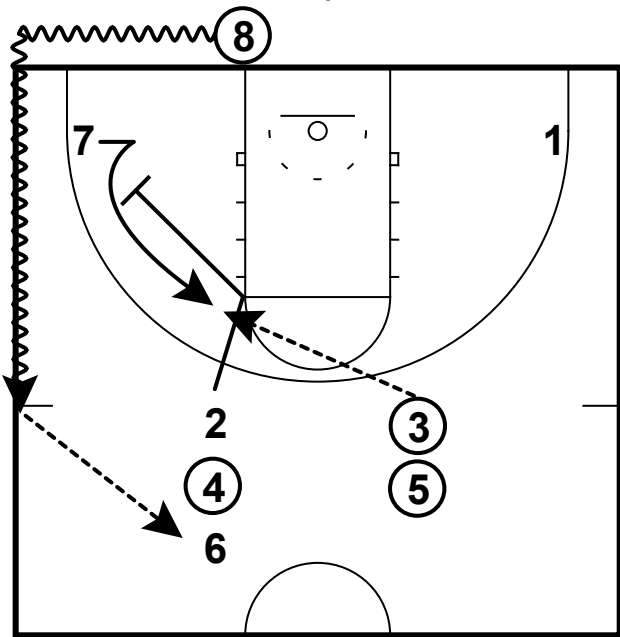


4 Corner Shooting is one of our favorite motion team shooting drills. Incorporates 4 cuts when using a wide pin down screen (reject, straight, curl & flare). Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Screen Second 3) Shoot Third 4) Rebound Last 5) Change Lines. Our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

Drills

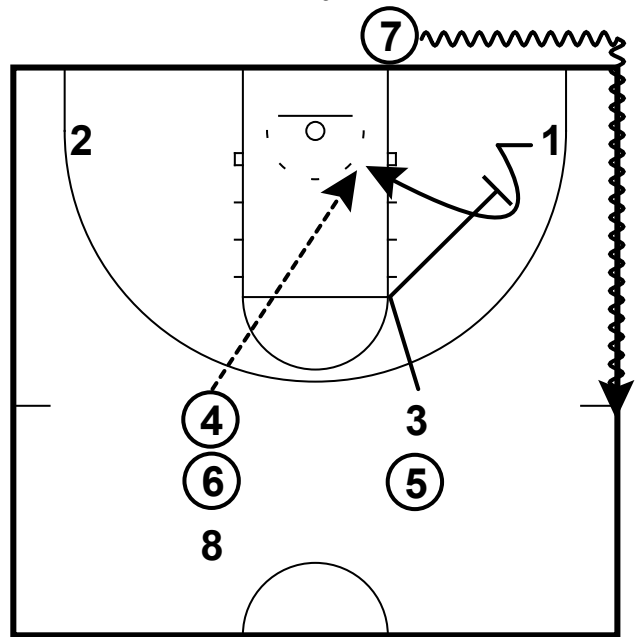
4 Corner Shooting (WPD)
Shooting Drills



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).

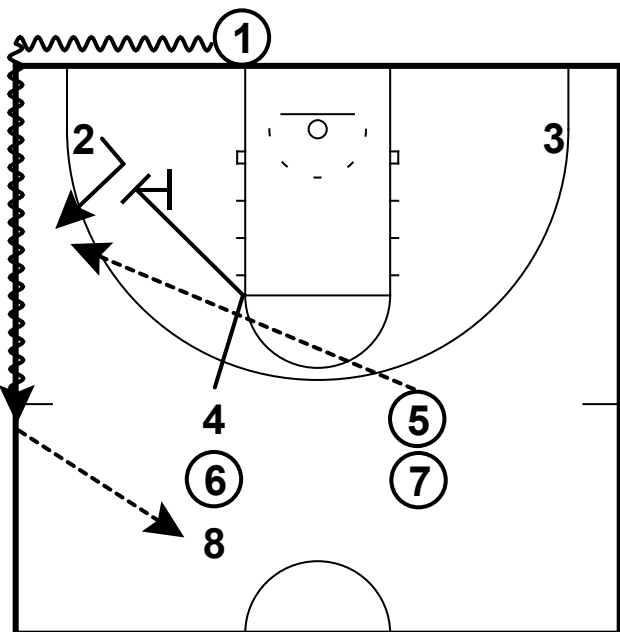
*This action would continue for 1-2 designated minutes, and then flip-flopped (reject the screen on the left and straight cut on the right).

4 Corner Shooting (WPD)
Shooting Drills



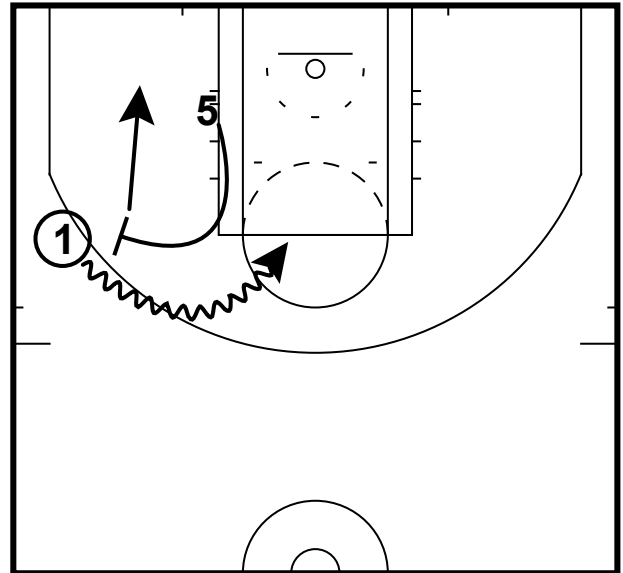
Now let's look at the next two pairs of cuts: 3 sprints to set a "wide pin down" for 1. 1 tight curls the screen. 4 passes to 1 attacking the basket.

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).

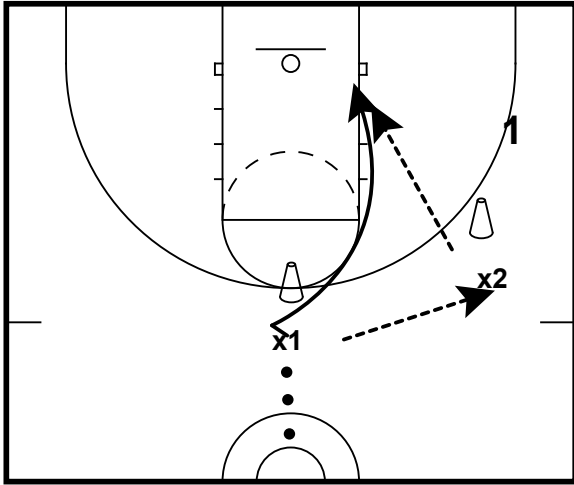
Guard/Post Partner Shooting A1
Shooting Drills



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

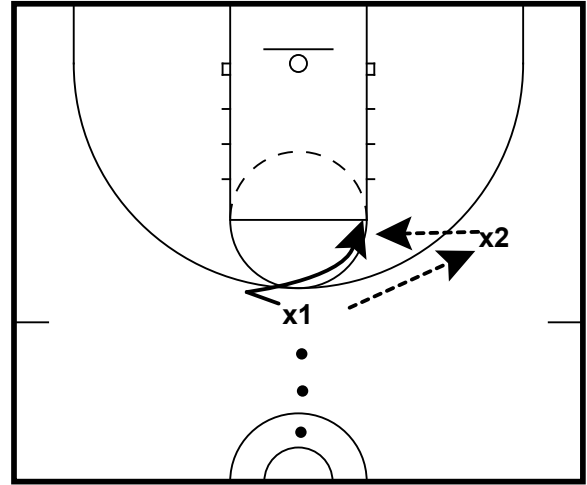
Shuffle Cut Drill
Shooting Drills



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

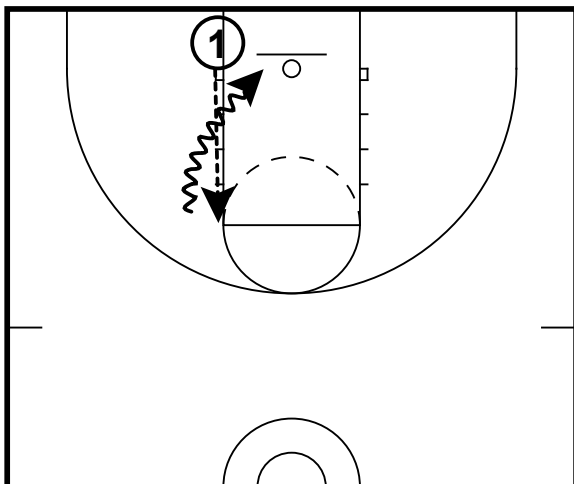
Coaching Tip: Make sure the passing line makes passes as if there is a defender in front of them.

Shuffle Cut Drill
Shooting Drills



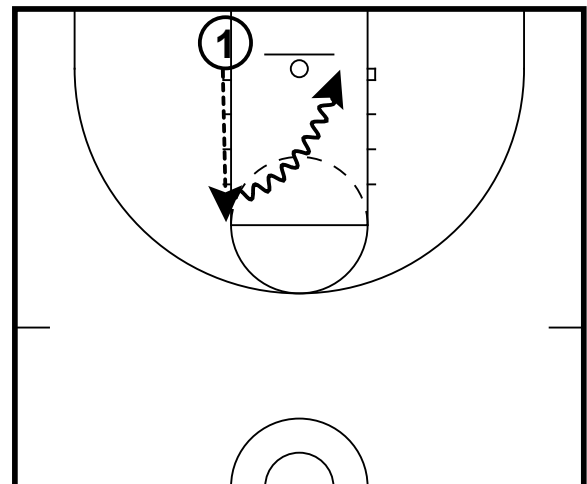
Line with ball passes to wing
Player makes a jab step away from ball, then cuts to elbow on ball side, receives pass, jump shot from elbow

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.

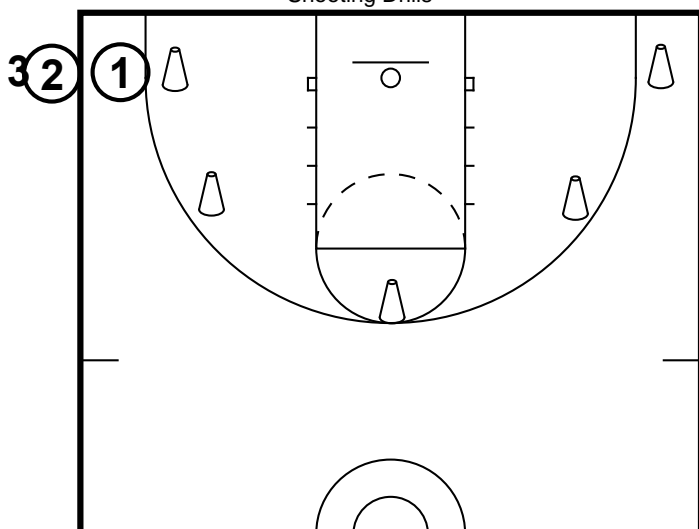
Olympic Series
Shooting Drills



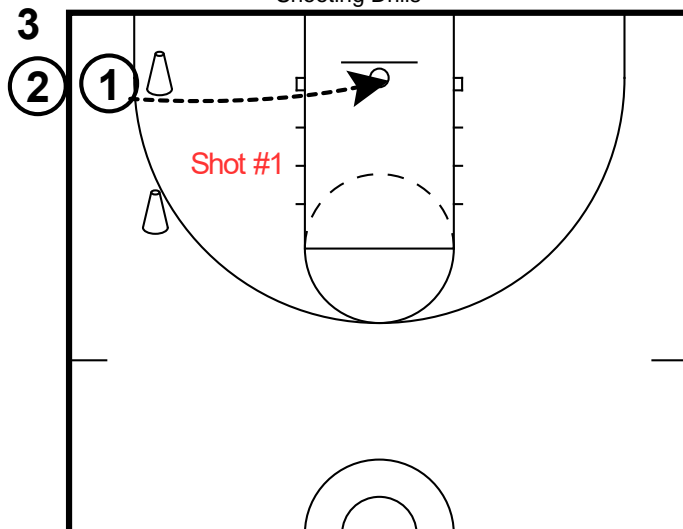
Toss/Spin ball out to elbow, reverse pivot and finish on opposite side of the basket. Teach them to rip, jab step and cross over, rocker step, etc.

Drills

Olympic Shooting
Shooting Drills



Olympic Shooting
Shooting Drills



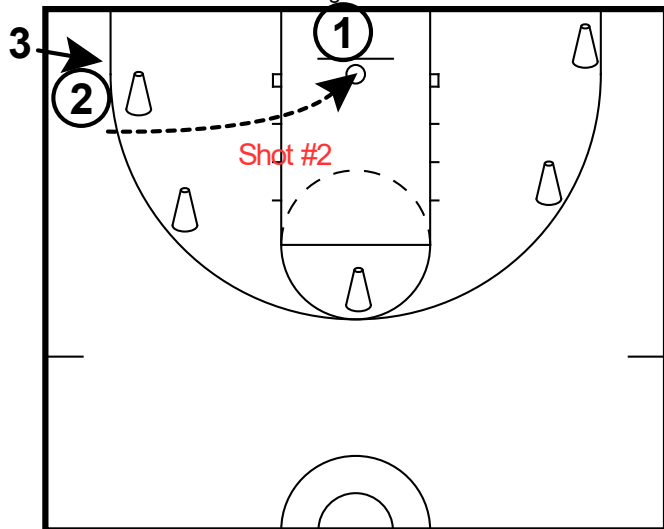
Olympic Shooting Drill Set-up: 3 players with one or two basketballs starting in either corner. Goal of the drill is to make 5 shots at all 5 perimeter spots designated by the cones in four minutes.

Player 1 shoots first shot and gets their own rebound.

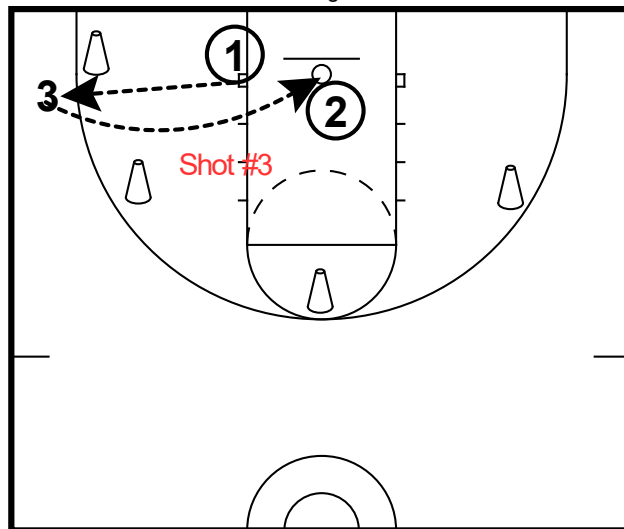
One variation is to set up competition and first team to complete their shots at all 5 cones wins.

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

Olympic Shooting
Shooting Drills



Olympic Shooting
Shooting Drills

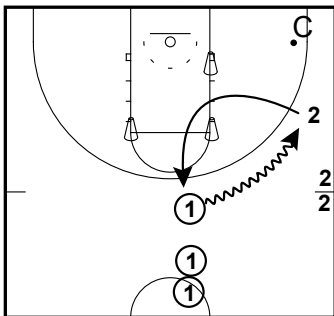


Player 2 shoots 2nd shot and gets their own rebound.

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.

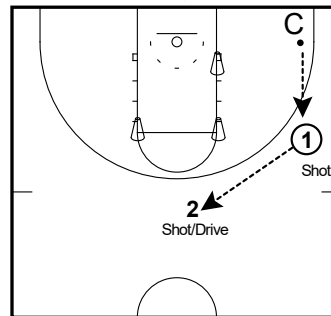
Drills

Shallow Cut Shooting (zone)
Shooting Drills



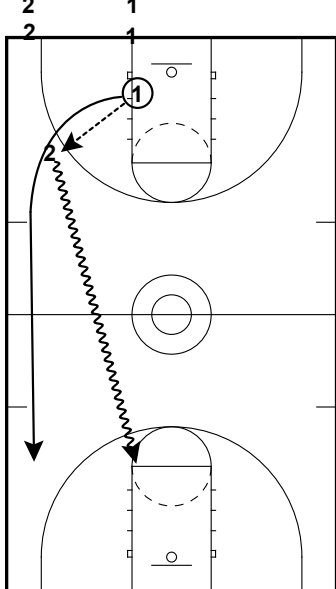
- 1 dribbles off the top at 2
- 2 executes a "two gap" shallow cut
- Coach/Passer has ball in the corner

Shallow Cut Shooting (zone)
Shooting Drills



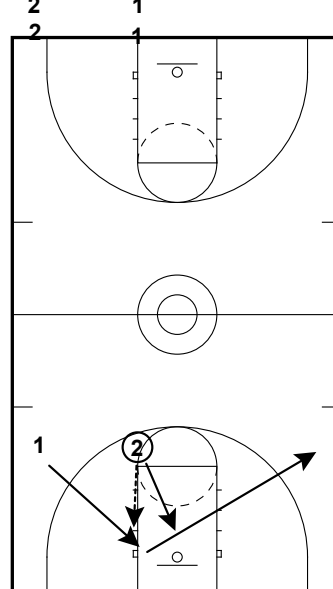
- 1 passes back against the grain of their dribble to 2
- 2 gets shot/drive
- Coach/Passer hits 1 with a pass, 1 gets a shot
- Run drill on both sides of the floor

Sammy Shooting Full Court
Shooting 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.

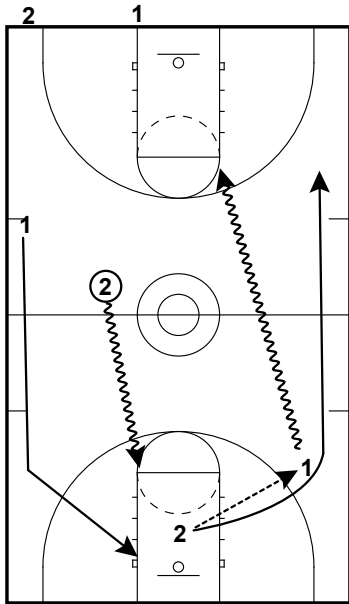
Sammy Shooting Full Court
Shooting Drills



- 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.

Drills

Sammy Shooting Full Court Shooting Drills



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.