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GENEVA FEEDER BASKETBALL

VIKINGS

## Form Shooting Drill

1. Divide the team into pairs – Player #1 and Player #2
2. Mark three shooting areas around the key based on your teams skill level
3. Player #2 sets up under the basket to pass to Player #1 and get the rebound
4. Player #1 sets up at the first shooting spot
  - Emphasize bent knees and on the balls of their feet
  - Emphasize proper arm follow through and finish
  - Emphasize catch and shoot – quick movement
5. Player #1 should shoot 10 at each spot with Player #2 keeping track of how many they made
6. Repeat with Player #2 as the shooter

