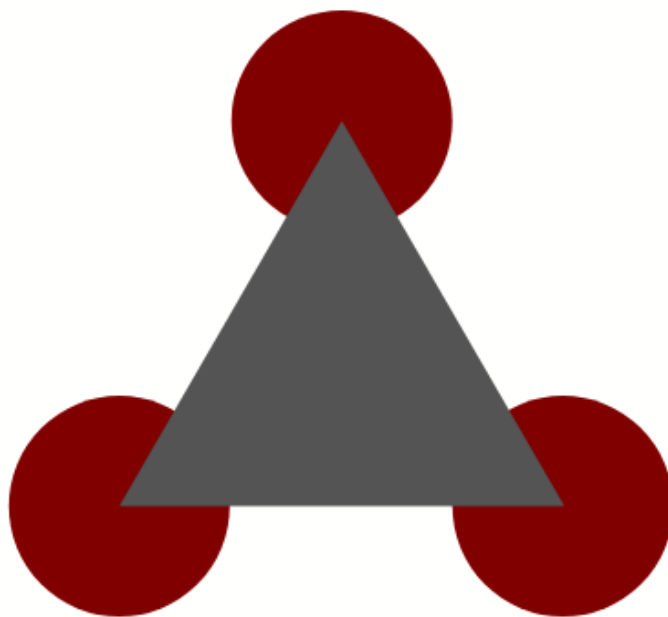
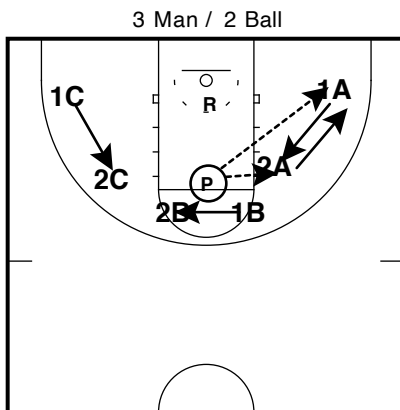


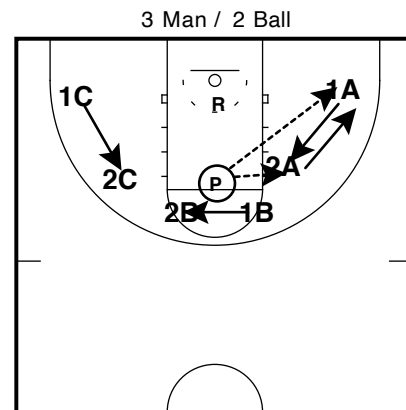
Shooting Drills



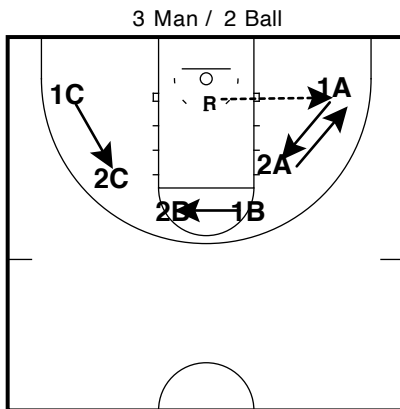
Shooting (with a partner)



DRILL BASICS: * Player moves back and forth between two shooting positions * Player should step with his inside foot for each shot * Player shoots continuously between spots for 45 seconds * Action repeats in the next of three series of shots

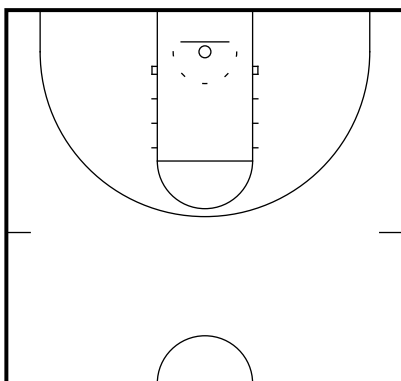


KEY TEACHING POINTS: - Step with inside foot - Run away and step with inside foot on fade shot PARTICIPANTS: 1 Shooter, 1 Rebounder, 1 Passer EQUIPMENT: 2 Balls



Drill can also be done with a single basketball and a single rebounder who passes directly to the shooter

5 Minute Shooting

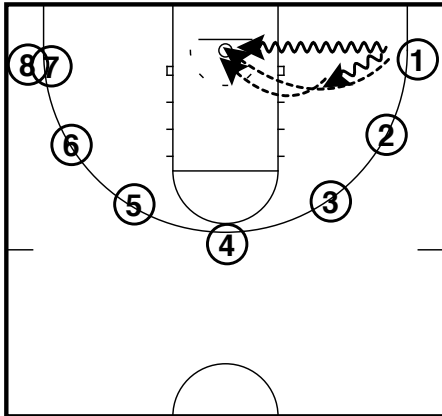


Activity

- * Offense has 5 minutes to make as many three point shots as possible
 - * 1 ball, 1 rebounder who is also passer
 - * Shots from anywhere along three point line
- Goal: Bryson Johnson (Bucknell): 77/82

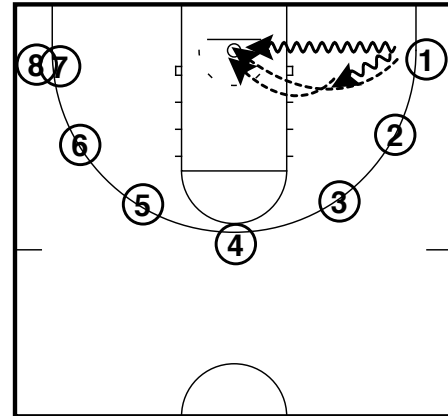
Shooting (with a partner)

5 Spots in 4 Minutes

**DRILL BASICS:**

- * 4 Minutes To Make As Many Shots As Possible
- * Can't Move Till Next Shot Till A Make
- * Attempt Each Shot at Each Spot Till Made
- * Move From Right Corner To Left Corner and Back

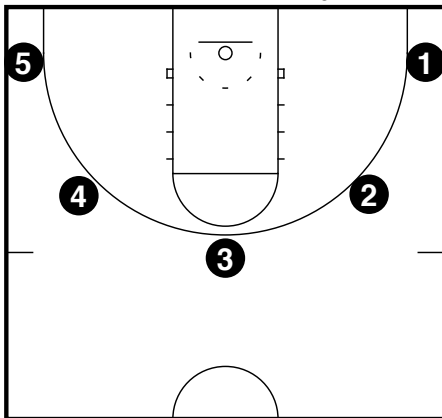
5 Spots in 4 Minutes

**KEY TEACHING POINTS:**

- Ball Up Butt Down and Shot Fake. Create Distance with Dribble. Don't Fade/Float on Shots

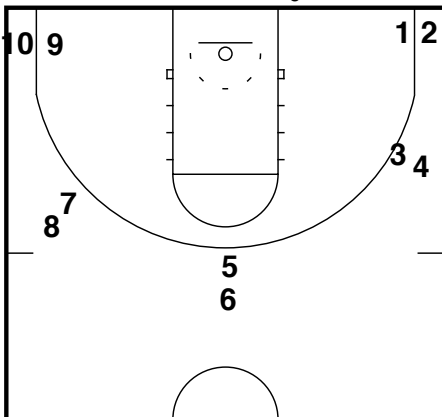
SERIES: 1) Jump Shot 2) Shot Fake Pull Up 3) Shot Fake Drive - Baseline = Reverse - Wings = Jump Through - Top = Floater/Dunk

Two Minute Shooting

**Two Minute Shooting**

- * Player starts at spot number 1 and then moves around the world and back. Must make two three point shots in a row to move onto the next spot
- * Goal is to make two in a row from 10 spots within two minutes. One ball and one rebounder.

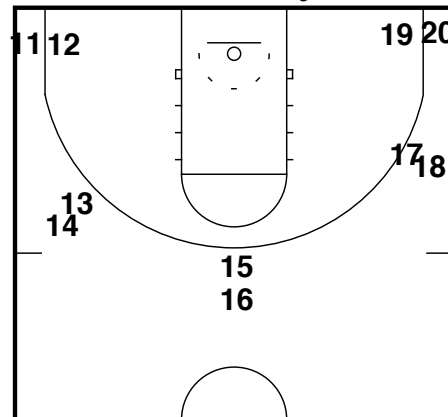
Celtic shooting



Make 2 in a row at 10 spots in under a 1:45min. You don't move onto the next spot until you've made two in a row.

Then you come back around the perimeter doing the same thing.

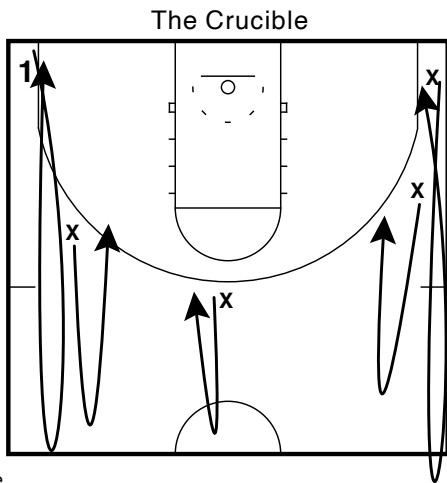
Celtic shooting



Make 2 in a row at 10 spots in under a 1:45min. You don't move onto the next spot until you've made two in a row.

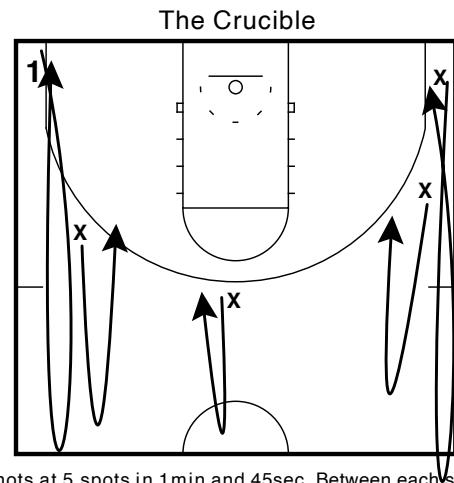
Then you come back around the perimeter doing the same thing.

Shooting (with a partner)



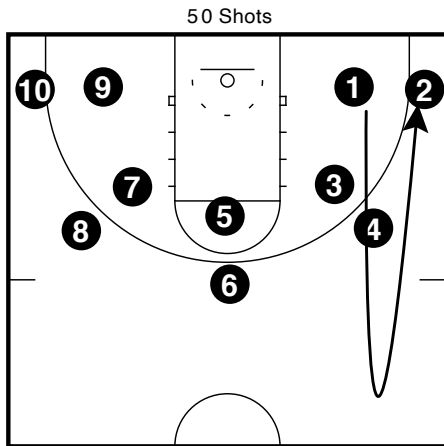
The Crucible

Goal: Beat the clock and force yourself to make shots when you're fatigued

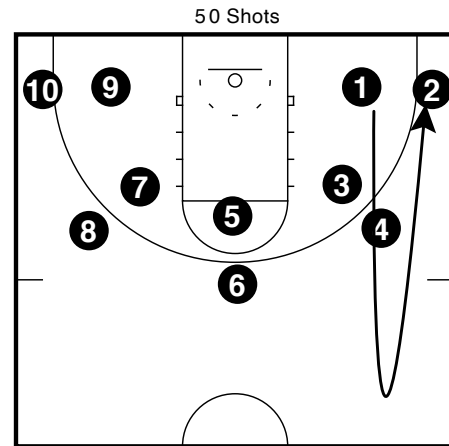


- Make 2 shots at 5 spots in 1 min and 45sec. Between each shot you have to run and touch half-court. Once you've made 2 shots in a spot you move to the next spot
- A great drill to help you learn how to make shots when you're tired

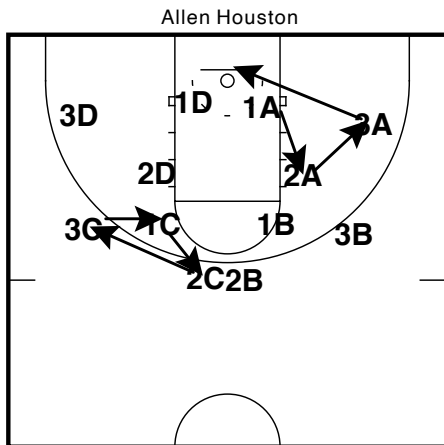
Shooting (with a partner)



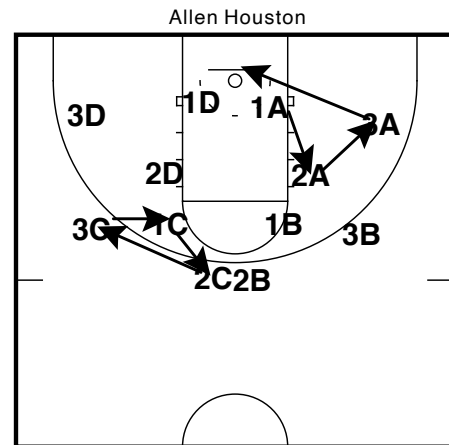
DRILL BASICS: * Player Shoots Till He Makes 5 Shots From The First Corner Spot *
Upon Making 5 Shots, Player Sprints To Half Court Then Goes To 2nd Spot To Make 5



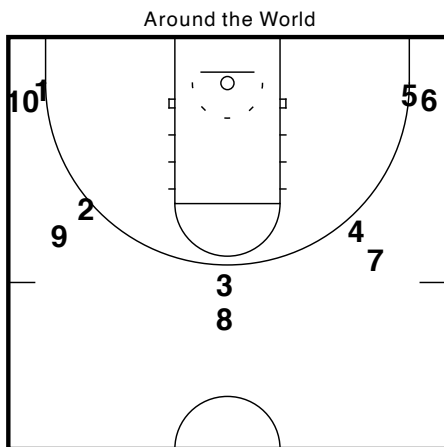
* Coach Tracks How Many Misses While Ensuring Player Doesn't Make More Than 5
At Each Spot **KEY TEACHING POINTS:** - Shot Prep, Square Up, Don't Fade/Float on
Shots



DRILL BASICS:
* Player Starts Shooting a Layup. Make or Miss, Player moves up the hill for a jump
shot. Player then moves for a fade jump shot. Action repeats to a layup. Series of
these three shots are repeated five times (15 shots). Player moves onto the next
group of three spots

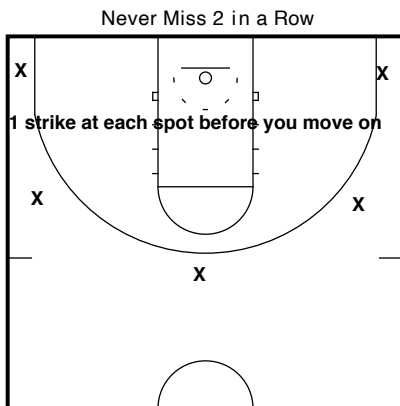


KEY TEACHING POINTS:
- Layups with outside hand
- Step with inside foot on second shot
- Footwork with inside foot on third shot
PARTICIPANTS: 1 Shooter, 1 Rebounder, 1 Passer



DRILL BASICS: * 1 shot from each spot * Must make two in a row from the corner * 3
attempts to make 1st shot * Move to the next spot make or miss

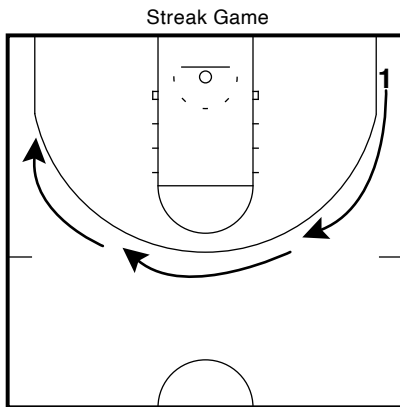
Shooting (with a partner)



You get 1 strike per spot. Once your strikes are used up the drill is over. You get a strike every time you miss 2 shots in a row at each spot (marked with an X).

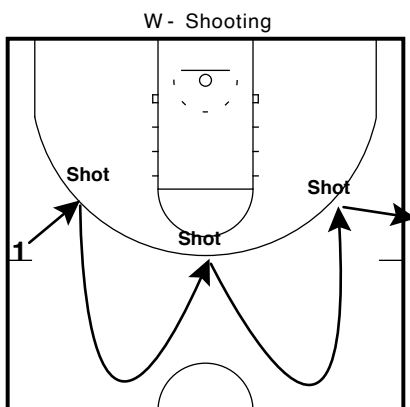
You get a point for each shot made. You will alternate taking a midrange pullup off the dribble and a stationary 3pt shot (you can mix up combinations).

Count up your total points. Over 100 points at 5 spots is a good round.



1 player starts by taking a shot on the perimeter. You move a few feet along the arc after each shot. You keep shooting until you miss and the "streak" is broken, then its your partners turn to shoot.

Each streak contributes to your total number of makes. The first player to reach 25 total makes wins.

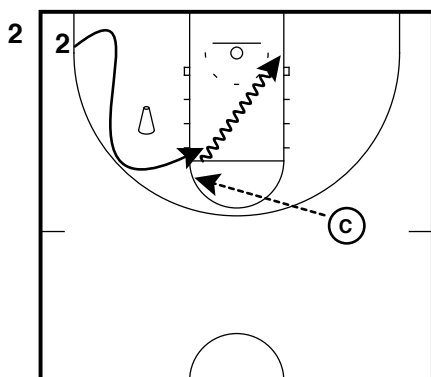


Run in a W pattern taking three shots before you touch the opposite sideline.

Repeat this pattern 4 total times for a total of 12 shots. Goal is 8 makes.

Shooting (with a partner)

Wide Pin Shooting - Guard Version

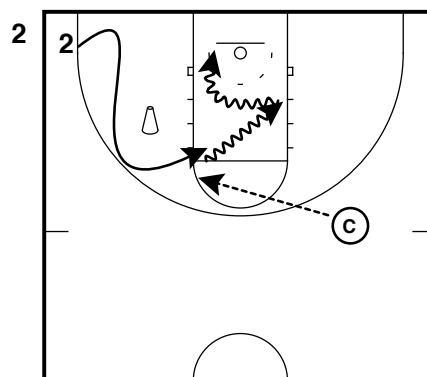


Guard Options On Wide Pin

1) Tight Curl + 2 Foot Finish

*Always use 1 step setup away from the screen

Wide Pin Shooting - Guard Version

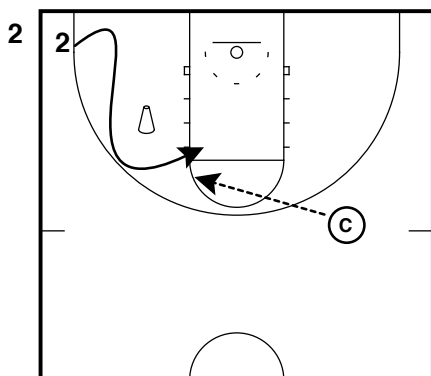


Guard Options On Wide Pin

2) Tight Curl + Counter Back

*You can use any counter back move (spin, between the legs, pro hop, behind the back)

Wide Pin Shooting - Guard Version

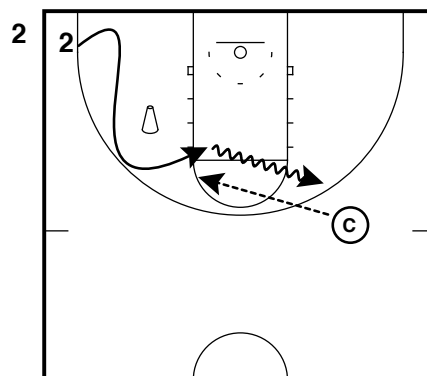


Guard Options On Wide Pin

3) Tight Curl + Shot

*Always use 1 step setup away from the screen

Wide Pin Shooting - Guard Version

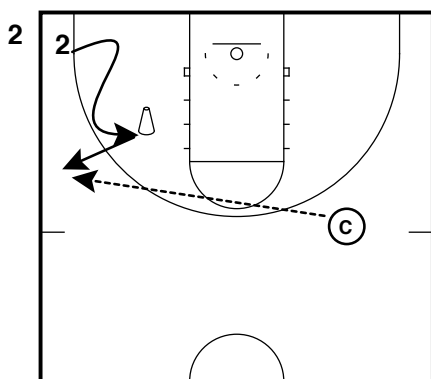


Guard Options On Wide Pin

4) Tight Curl + Step Back Jumper

*Use a lateral (EAST - WEST) step back to create space

Wide Pin Shooting - Guard Version

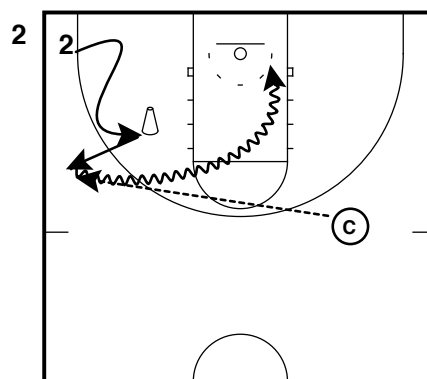


Guard Options On Wide Pin

5) Pop Behind Screen + 3pt Shot

*Pop back in line with the screener (i.e. the cone)

Wide Pin Shooting - Guard Version



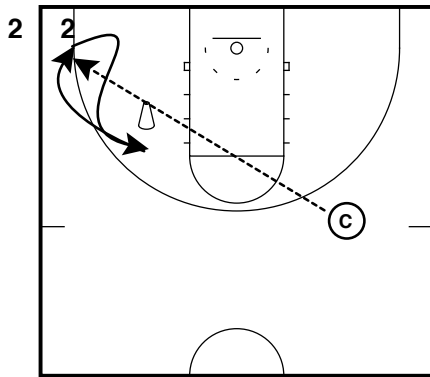
Guard Options On Wide Pin

6) Pop Behind Screen + Rip Middle/2 foot finish

*Pop back in line with the screener (i.e. the cone) and pause to read defender's closeout angle

Shooting (with a partner)

Wide Pin Shooting - Guard Version

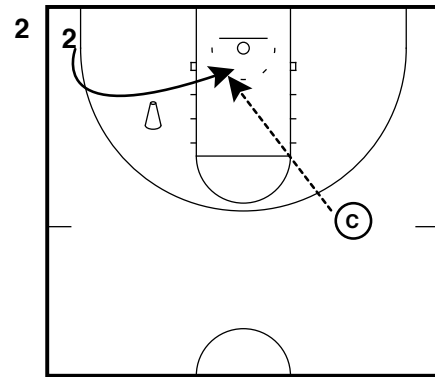


Guard Options On Wide Pin

7) Fade to the Corner + 3pt Shot

*Plant top foot one step past the screener and drive towards the corner with your head turned to the ball

Wide Pin Shooting - Guard Version

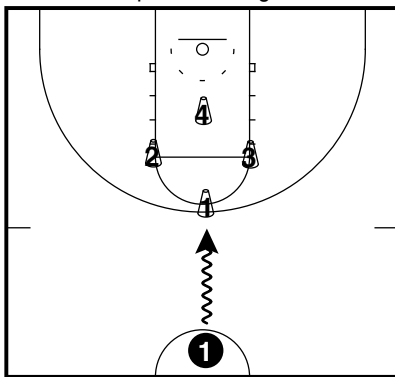


Guard Options On Wide Pin

8) Backcut + 2 foot finish

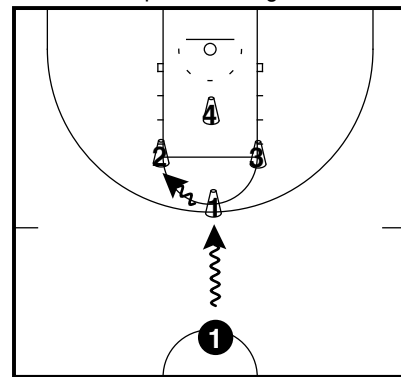
*Always use 1 step setup towards the screen if you feel the defender is trying to top block you

Four Spot Shooting Series



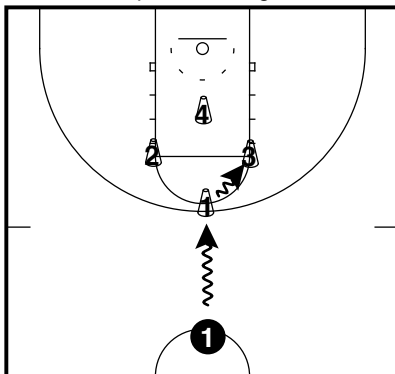
Player starts a mid court. Takes 2 hard dribbles and pulls up at top of key. (5-7 makes).

Four Spot Shooting Series



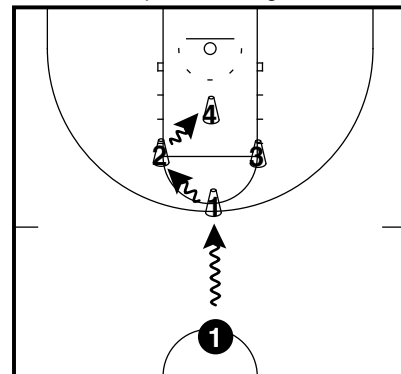
Players takes two hard dribbles, changes direction at cone 1 and pulls up at cone 2. (5-7 makes)

Four Spot Shooting Series



Players takes two hard dribbles, changes direction at cone 1 and pulls up at cone 3. (5-7 makes)

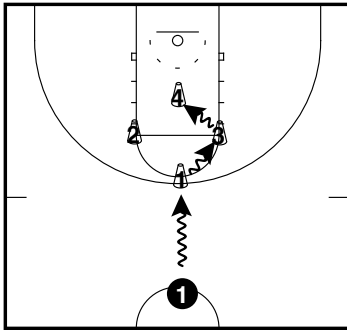
Four Spot Shooting Series



Players takes two hard dribbles, changes direction at cone 1 and again at cone 2, pull up at cone 4. (5-7 makes)

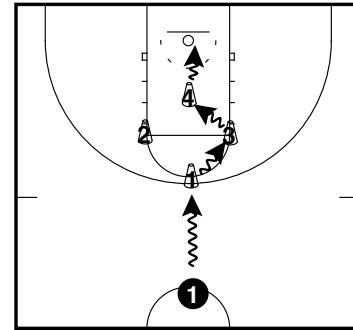
Shooting (with a partner)

Four Spot Shooting Series



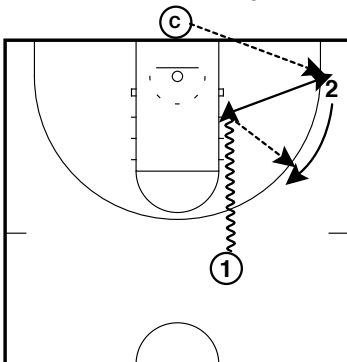
Players takes two hard dribbles, changes direction at cone 1 and again at cone 3, pull up at cone 4. (5-7 makes)

Four Spot Shooting Series



Players takes two hard dribbles, changes direction at cone 1, again at either cone 2 or 3, then again at cone 4 and finish with lay up or floater. (5-7 makes)

Pitch and Blur Shooting Series

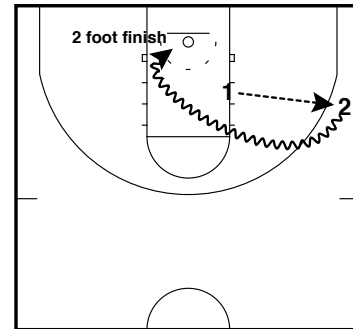


Partner Starts up High and breaks the elbow:

Pitch and Blur Shots:

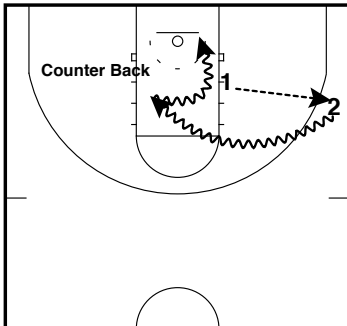
- Two foot finish
- Counter back
- Midrange Pullup
- Midrange Stepback
- Catch and Shoot 3pt Shot

Pitch and Blur Shooting Series



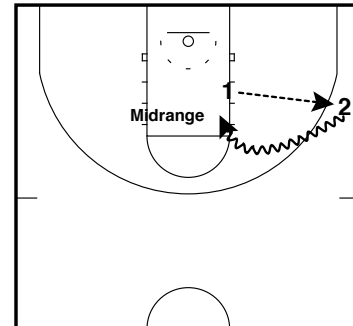
2 foot finish

Pitch and Blur Shooting Series



Counter Back

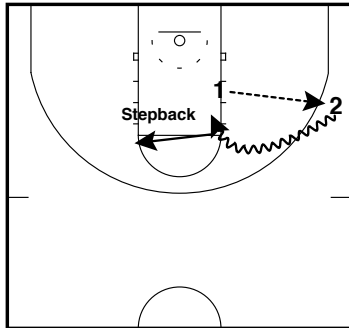
Pitch and Blur Shooting Series



Midrange

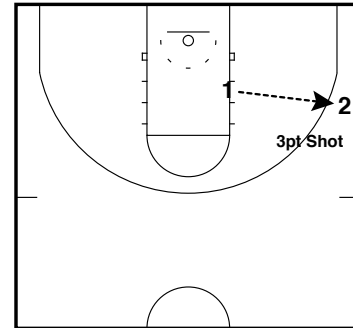
Shooting (with a partner)

Pitch and Blur Shooting Series



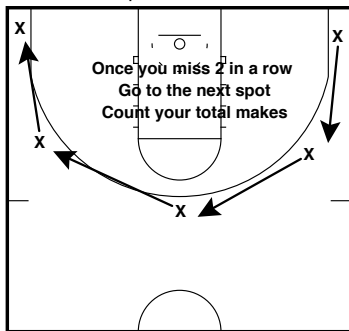
Midrange stepback

Pitch and Blur Shooting Series



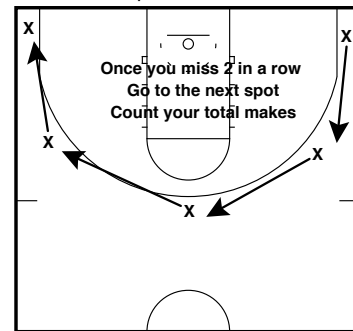
3pt Shot

3pt Marathon



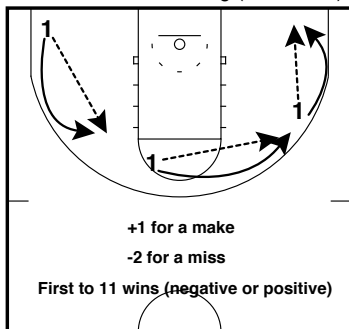
Start shooting in the corner and continue shooting at the same spot until you miss two shots in a row. Once you miss two in a row move to the next spot and continue the process until you've finished all 5 spots

3pt Marathon



Count 1 point for every shot you take (both makes and misses) and see how many points you end up with at the end of the drill. A good score is above 50, a great score is 75-100, and elite shooters will make 100-200 points in a single round. You can use this drill to practice both 3pt and 2pt shots.

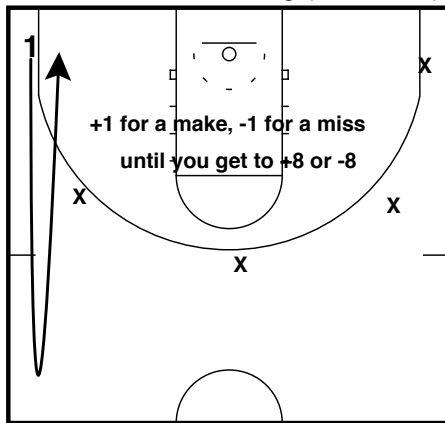
Plus / Minus Shooting (Version A)



This drill can be done on your own or with a rebounder. If you are by yourself, use a self toss to run into your shot. This can be done from the midrange or the three point line. You get +1 for a make and -2 for a miss. You can play to any number of points, but a common score is first to 11 points (+/-)

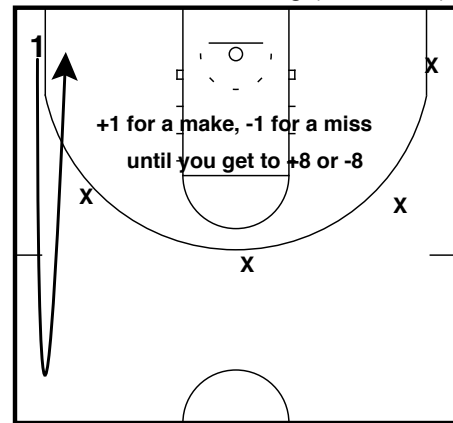
Shooting (with a partner)

Plus / Minus Shooting (Version B)



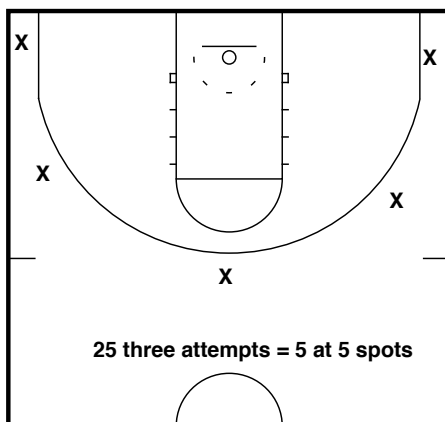
Plus minus shooting assigns a point value for each shot that you make or miss. Normally you get + 1 for a make and - 1 for a miss. You continue shooting until you reach a cumulative score of + 8 or - 8 at each spot (you can adjust this number depending on how hard you want to make the drill).

Plus / Minus Shooting (Version B)



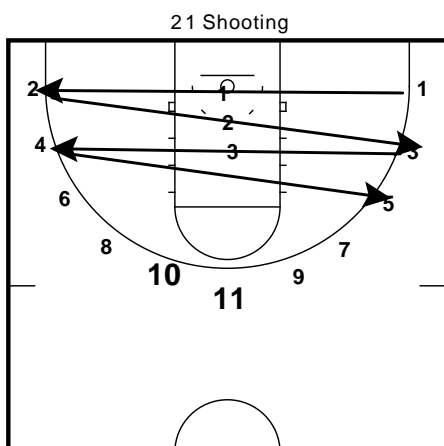
If you want to increase the difficulty, you can penalize yourself - 2 or - 3 for a miss. Touch half-court in between each shot and complete each spot around the perimeter until you've hit + 8 or - 8

25 threes

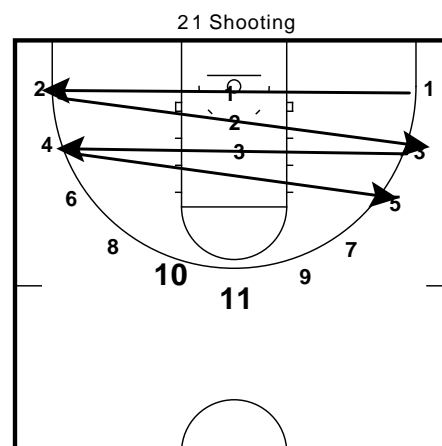


Shoot 5 threes at 5 spots and keep track of your score. Goal is to get above 20 makes.

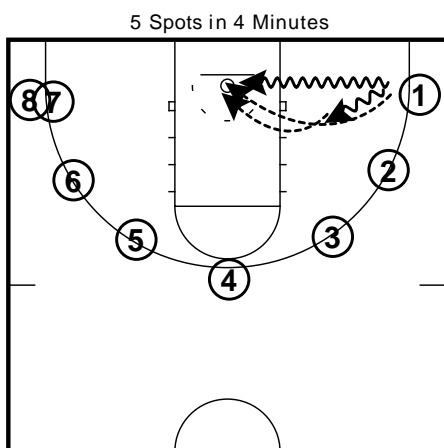
Shooting (NO rebounder)



DRILL BASICS: * Player Starts in corner and has three attempts to make first shot (after third miss the count begins) * Player stays at spot till a shot is made, then can advance

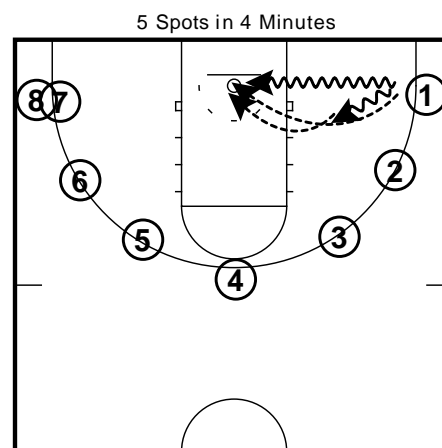


* Coach counts total number of misses for 21 made shots * Player works up the hill shooting then down (does not repeat shots at spot #11) * Player must sprint between spots **PARTICIPANTS:** 1 Shooter, 1 Passer, 1 Rebounder **EQUIPMENT:** 2 Balls



DRILL BASICS:

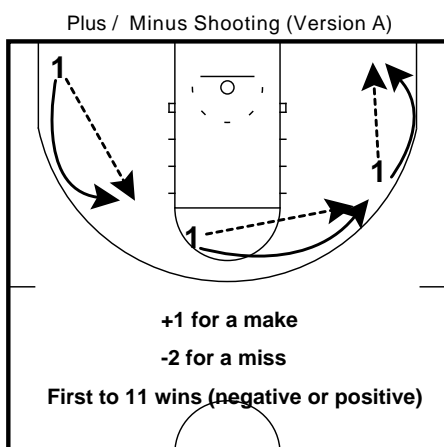
- * 4 Minutes To Make As Many Shots As Possible
- * Can't Move Till Next Shot Till A Make
- * Attempt Each Shot at Each Spot Till Made
- * Move From Right Corner To Left Corner and Back



KEY TEACHING POINTS:

- Ball Up Butt Down and Shot Fake. Create Distance with Dribble. Don't Fade/Float on Shots

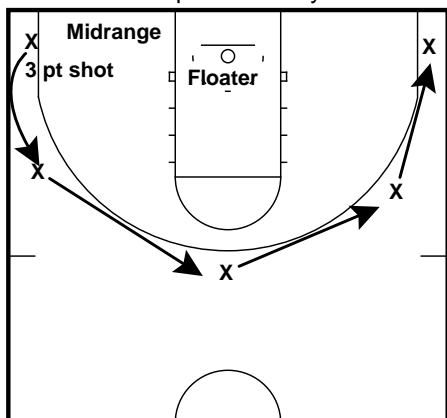
SERIES: 1) Jump Shot 2) Shot Fake Pull Up 3) Shot Fake Drive - Baseline = Reverse - Wings = Jump Through - Top = Floater/Dunk



This drill can be done on your own or with a rebounder. If you are by yourself, use a self toss to run into your shot. This can be done from the midrange or the three point line. You get +1 for a make and +2 for a miss. You can play to any number of points, but a common score is first to 11 points (+/-)

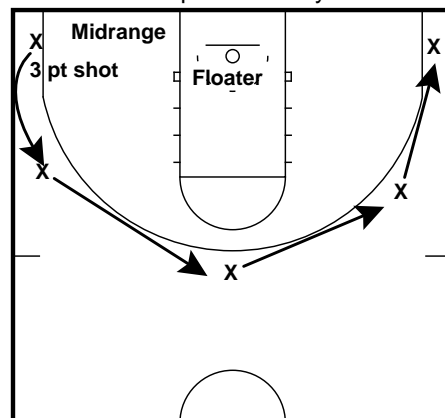
Shooting (NO rebounder)

30 point frenzy



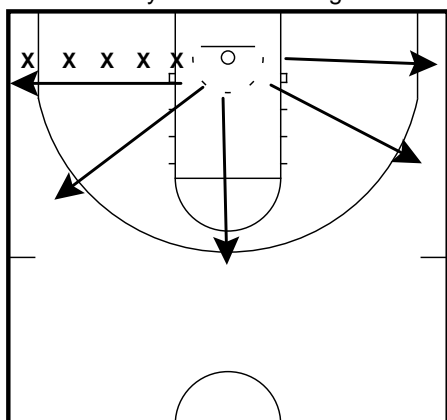
Goal: Score a perfect 30 points by making 15 consecutive shots at 5 spots. Start in the corner and take three consecutive shots. 1 three, 1 dribble pullup, and 1 floater. In between each shot return to the perimeter where the "X" is. After three shots (make or miss) move to the next spot.

30 point frenzy



Repeat this pattern at 5 spots around the perimeter and keep track of your score. You get 3pts for a three, 2 pts for a pullup and 1pt for a floater. A perfect score is 30. Give yourself a baseline score (22 is a challenging but not impossible number) and try to beat your old score each time you do the drill.

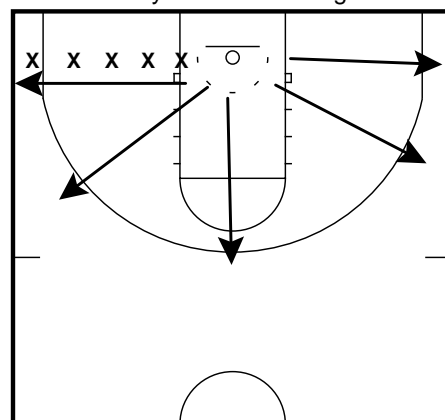
Ray Allen Shooting



Goal: Complete as many lines as possible in 3 minutes

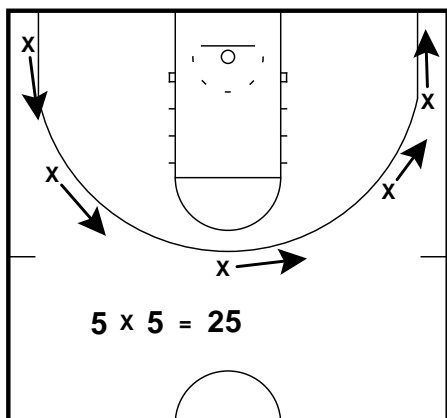
1 line consists of making 5 consecutive shots, starting under the rim. If you miss a shot before you make 5 in a row you go back to the first spot and start over again.

Ray Allen Shooting



- You have 3 minutes to complete as many lines as possible. This can be done with a rebounder or on your own
- It is a great way to build rhythm by progressively making shots at varying distances

Perimeter Threes

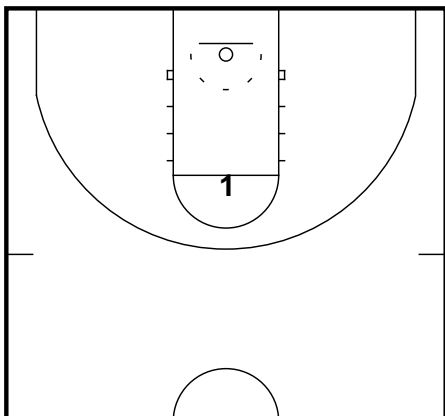


Off the move 3pt shots (either self toss or have a rebounder pass to you). Shoot 5 going around the perimeter and do this 5 times.

Record your number of makes out of 25.

Shooting (NO rebounder)

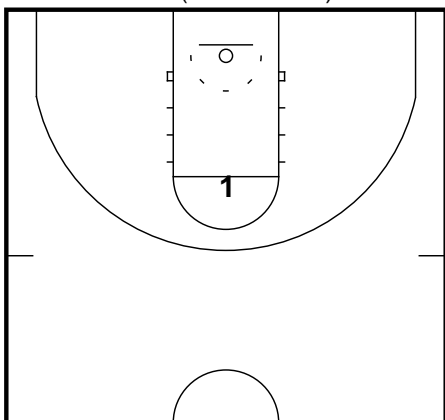
Beat the PRO FT's



Beat the Pro Free Throws. If you swish the FT you get +1, if you miss the PRO gets +2 and if you just make the shot but don't swish it then no one gets a point.

First to score 15 points wins.

Golf (free throws)

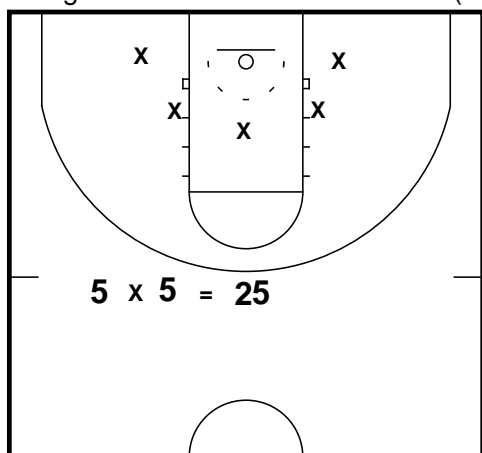


Golf Free Throws. If you swish the FT you get -1, if you miss you get +2 and if you just make the shot but don't swish it then you stay even.

First to make it -8 or +8

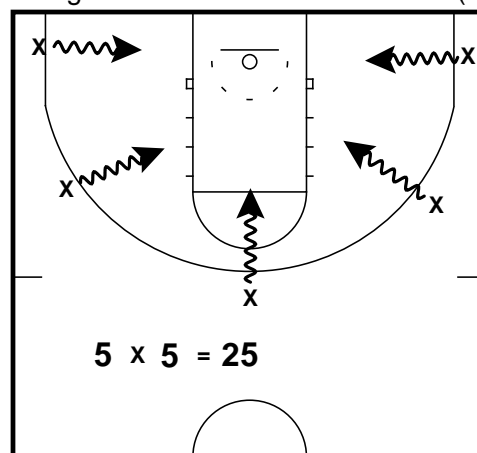
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 1)



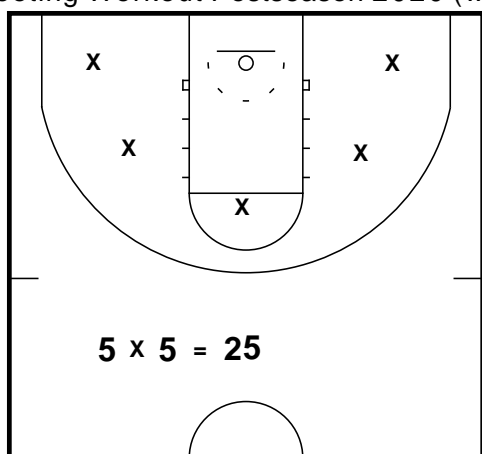
5 shots at 5 warmup spots

Shooting Workout Postseason 2020 (wk 1)



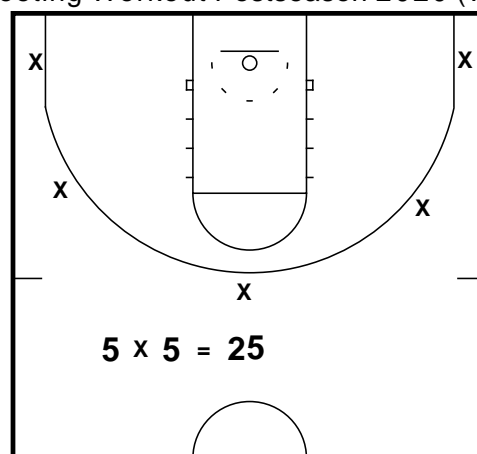
5 one dribble pullups at 5 spots (alternate going left and right)

Shooting Workout Postseason 2020 (wk 1)



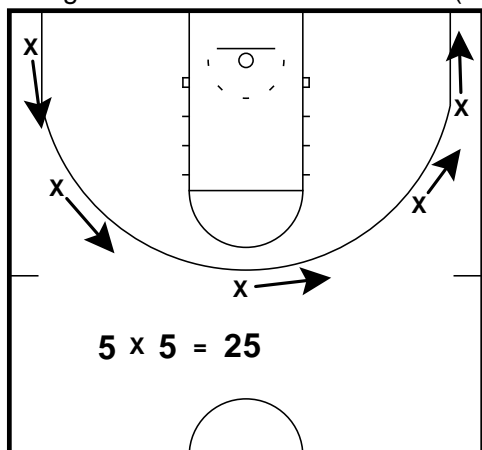
Jab step and shoot 15 footers

Shooting Workout Postseason 2020 (wk 1)



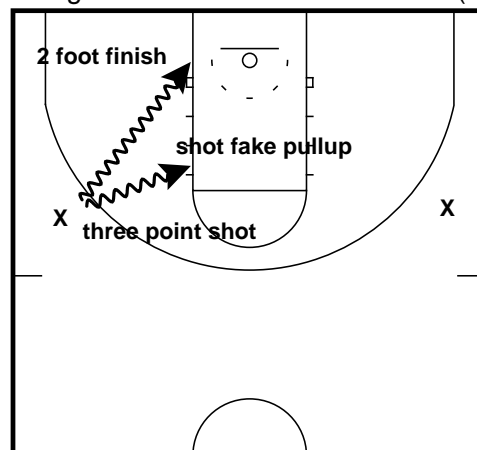
Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

Shooting Workout Postseason 2020 (wk 1)



Off the move 3pt shots (either self toss or have a rebounder pass to you)

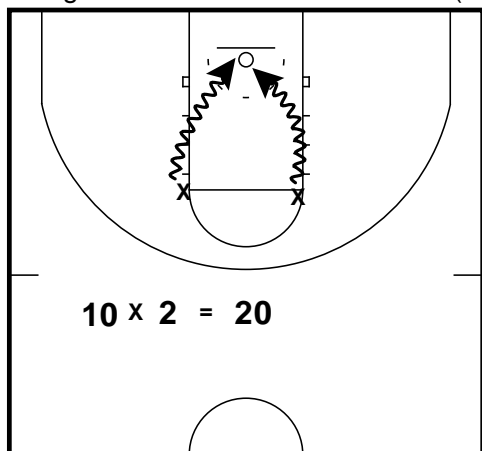
Shooting Workout Postseason 2020 (wk 1)



Complete this wing series 5 times through of 3 makes each on both sides of the floor

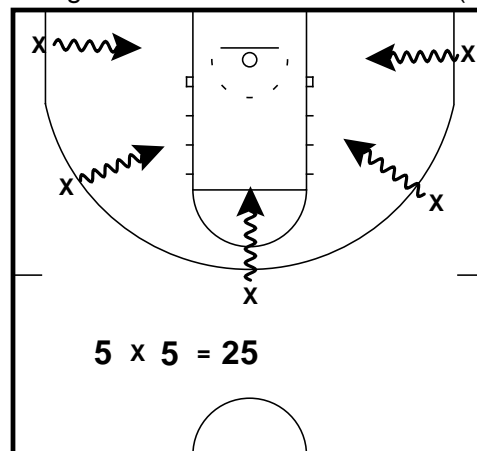
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 2)



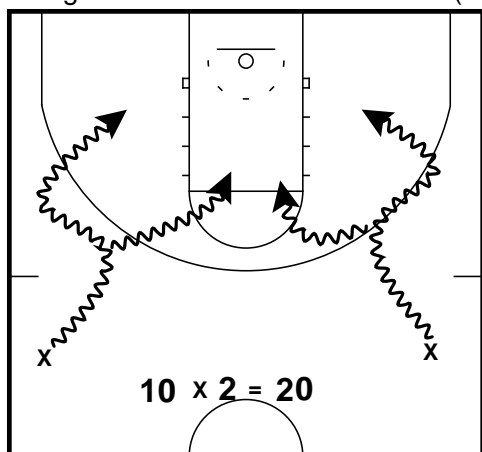
10 driving layups on each elbow

Shooting Workout Postseason 2020 (wk 2)



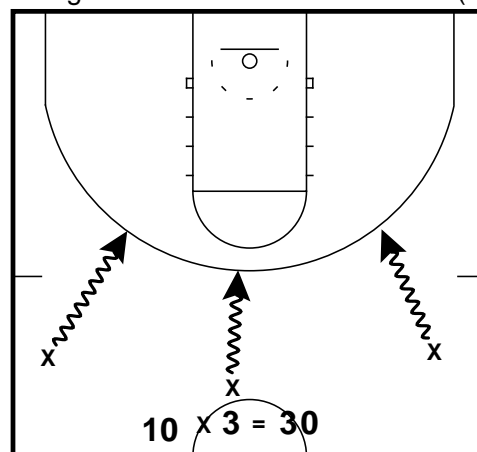
5 one dribble pullups at 5 spots (alternate going left and right)

Shooting Workout Postseason 2020 (wk 2)



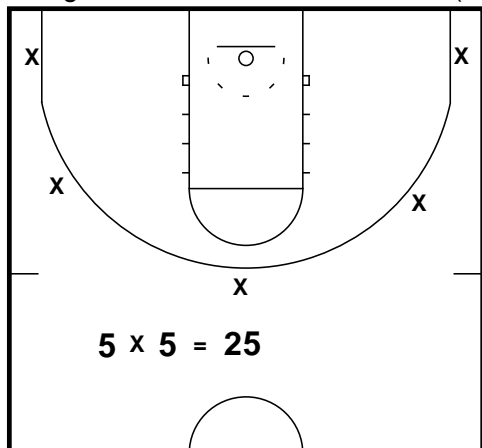
Transition wing attack - pullup jumpers 10 makes each side (use crossover, between the legs, or behind the back)

Shooting Workout Postseason 2020 (wk 2)



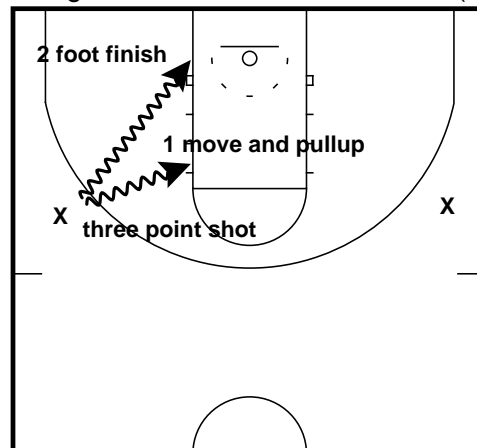
Transition threes - pullup jumpers 10 makes each spot (30 total)

Shooting Workout Postseason 2020 (wk 2)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

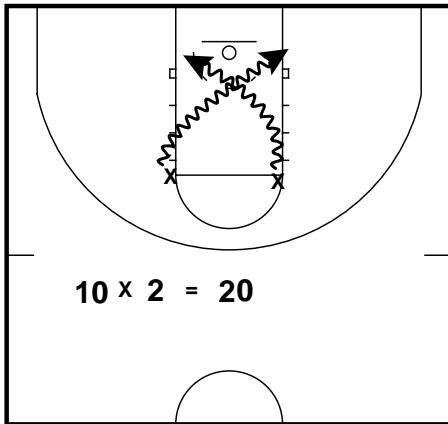
Shooting Workout Postseason 2020 (wk 2)



Complete this wing series 5 times through of 3 makes each on both sides of the floor

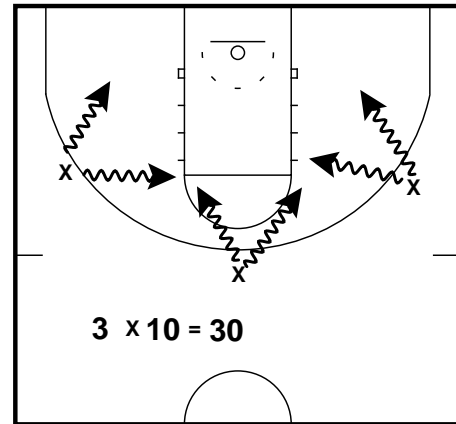
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 3)



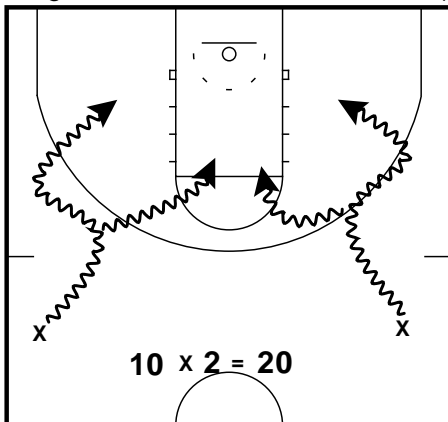
10 driving reverse layups from each elbow

Shooting Workout Postseason 2020 (wk 3)



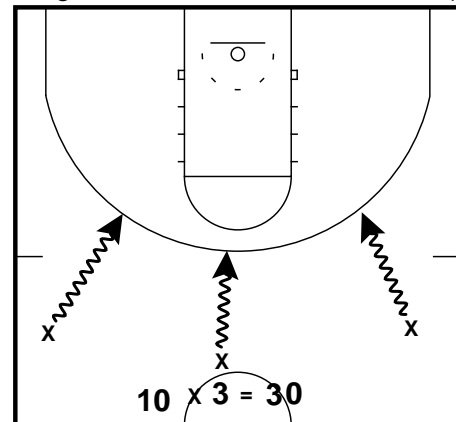
5 one dribble pullups at 6 spots (alternate going left and right 5 makes each direction at 3 spots)

Shooting Workout Postseason 2020 (wk 3)



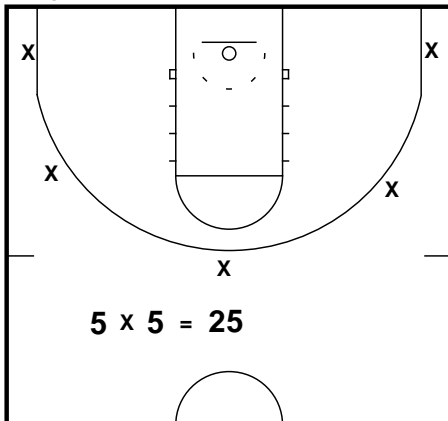
Transition wing attack - pullup stepback jumpers 10 makes each side (use crossover, between the legs, or behind the back)

Shooting Workout Postseason 2020 (wk 3)



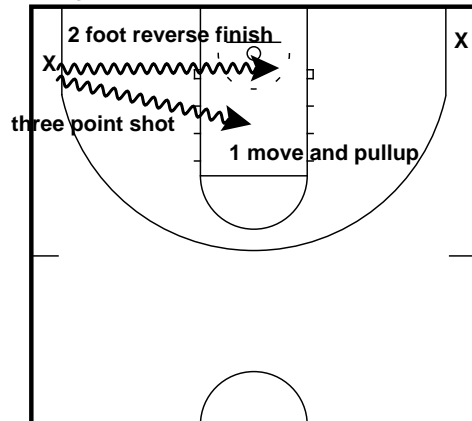
Transition threes - pullup jumpers 10 makes each spot (30 total)

Shooting Workout Postseason 2020 (wk 3)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

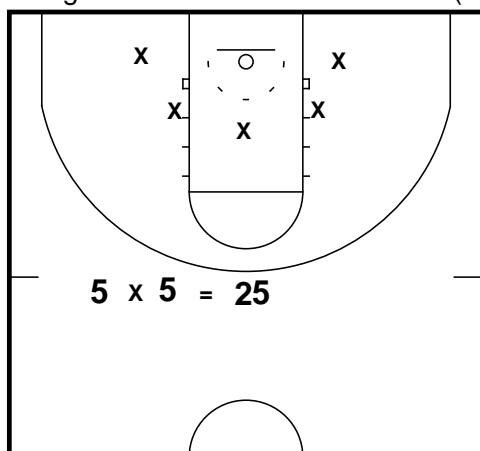
Shooting Workout Postseason 2020 (wk 3)



Complete this baseline series 5 times through of 3 makes each on both sides of the floor

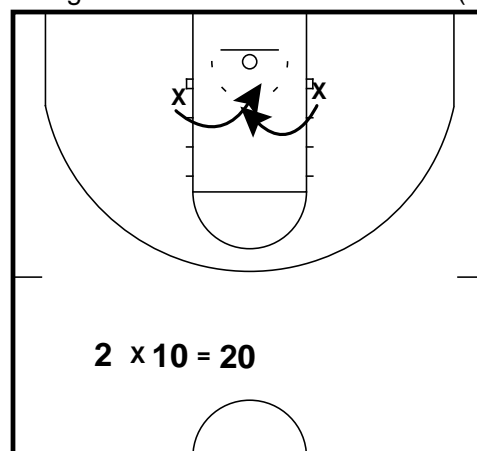
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 4)



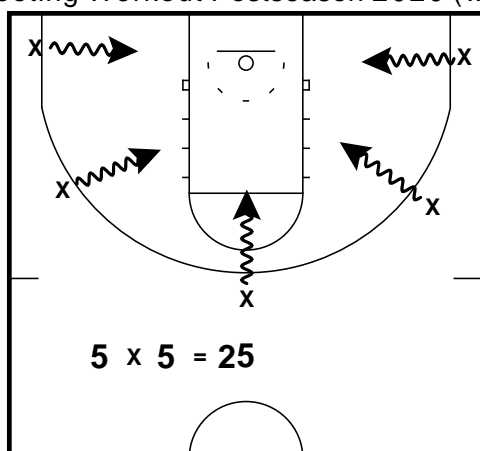
5 shots at 5 warmup spots

Shooting Workout Postseason 2020 (wk 4)



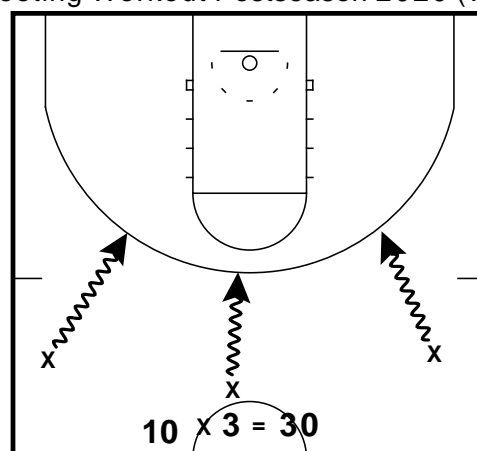
Get Middle Jump Hooks

Shooting Workout Postseason 2020 (wk 4)



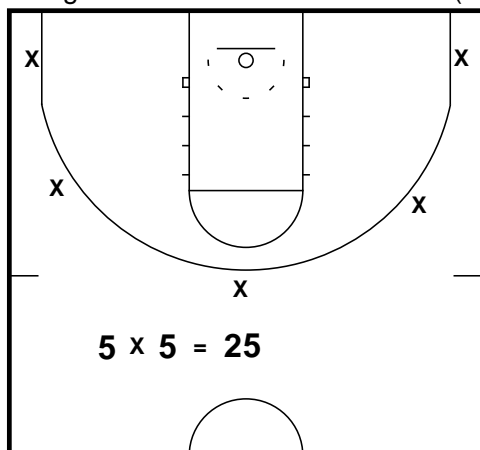
5 one dribble pullups at 5 spots (alternate going left and right)

Shooting Workout Postseason 2020 (wk 4)



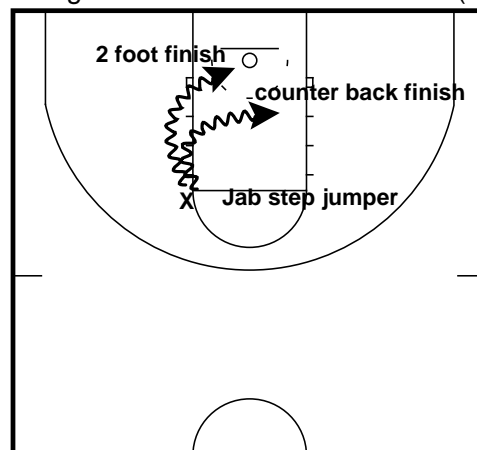
Transition threes - pullup jumpers 10 makes each spot (30 total)

Shooting Workout Postseason 2020 (wk 4)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

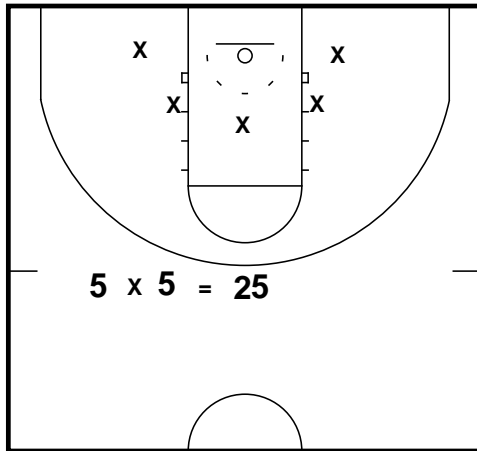
Shooting Workout Postseason 2020 (wk 4)



Complete this elbow series 5 times through of 3 makes each on both sides of the floor

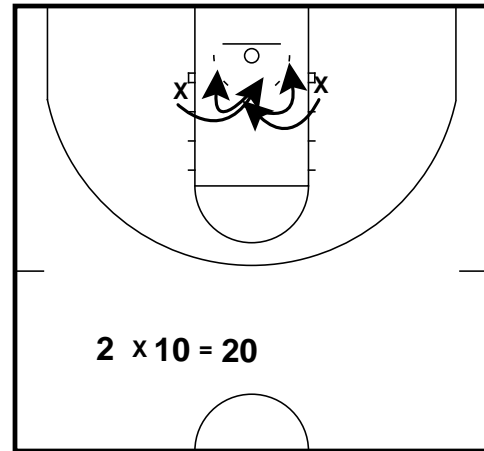
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 5)



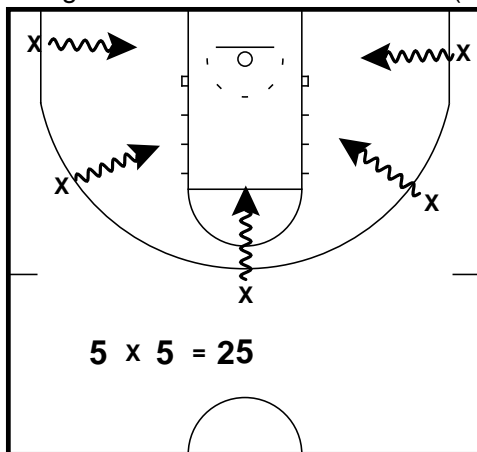
5 shots at 5 warmup spots

Shooting Workout Postseason 2020 (wk 5)



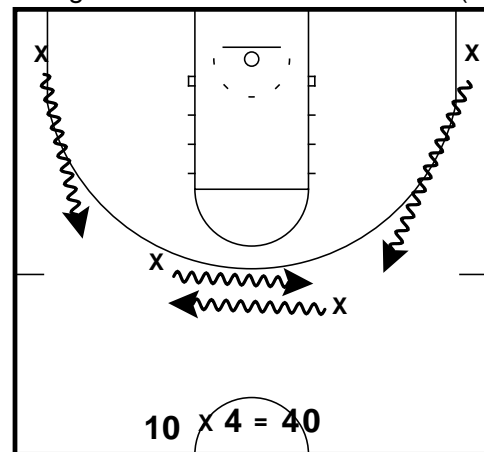
Get Middle counter back

Shooting Workout Postseason 2020 (wk 5)



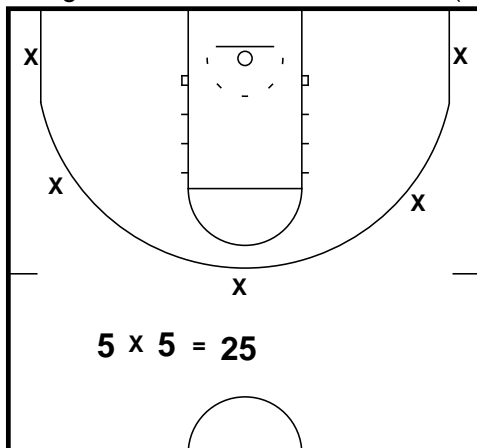
5 one dribble pullups at 5 spots (alternate going left and right)

Shooting Workout Postseason 2020 (wk 5)



Self-toss threes - 10 makes each spot (40 total)

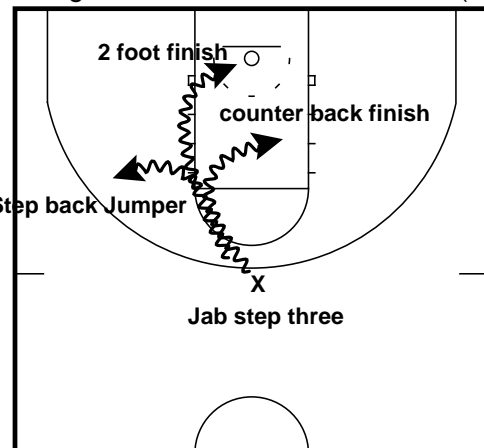
Shooting Workout Postseason 2020 (wk 5)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you). 2 times, 50 total shots

All Contents Proprietary

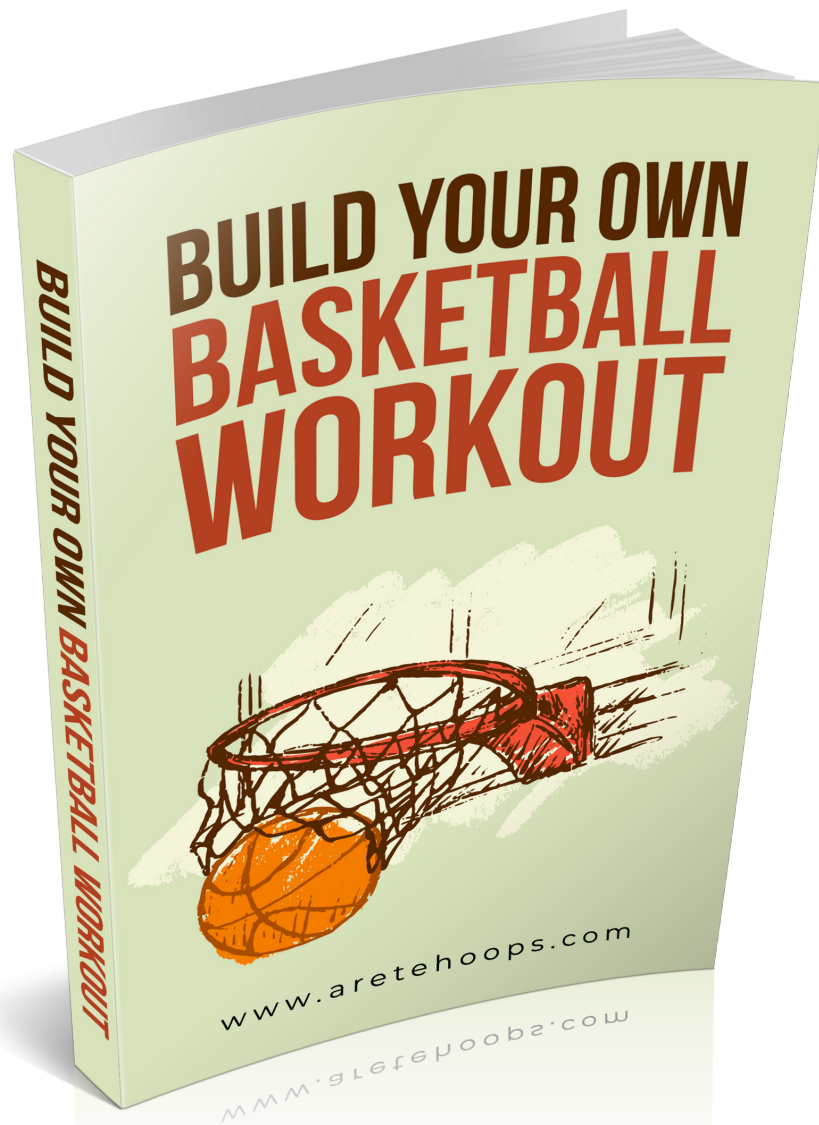
Shooting Workout Postseason 2020 (wk 5)



Complete this top of the key series 10 times through (5 time through on each side of the floor, 4 makes each)

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