

Shooting Drills eBook

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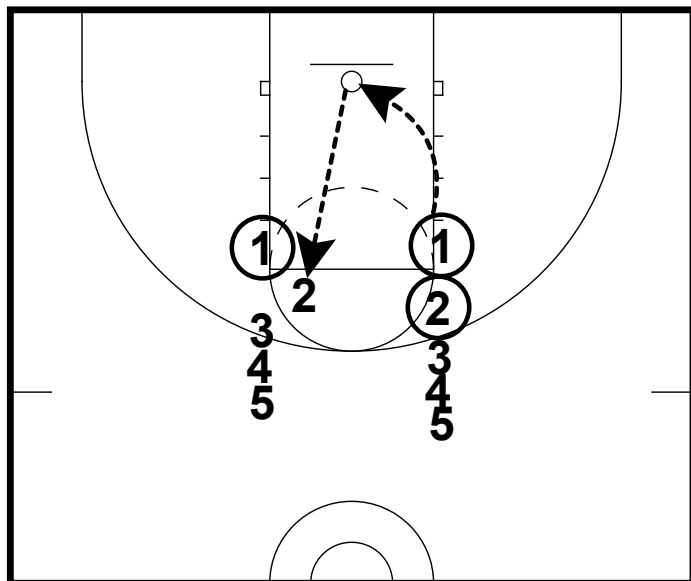
Team Drills

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Team Drills

2 Minute Shooting



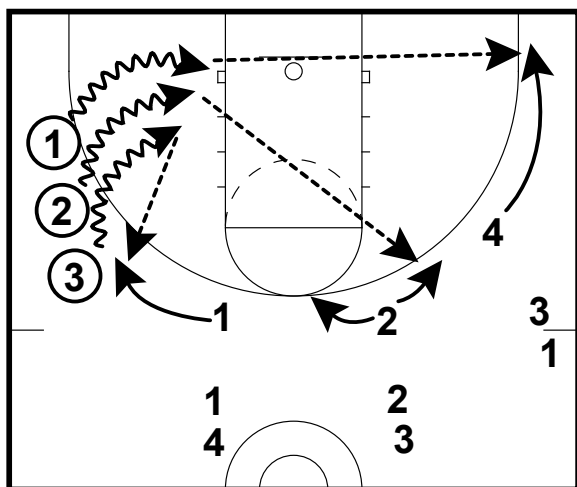
To be timed 2 minutes

Two lines of even players, one side with 2 balls, 1 ball on other side. Side with two balls shoots first, rebounds and passes to opposite side. Players count out loud until 2 minutes is up.

Credit: Stan Daugherty, Delta High School

Team Drills

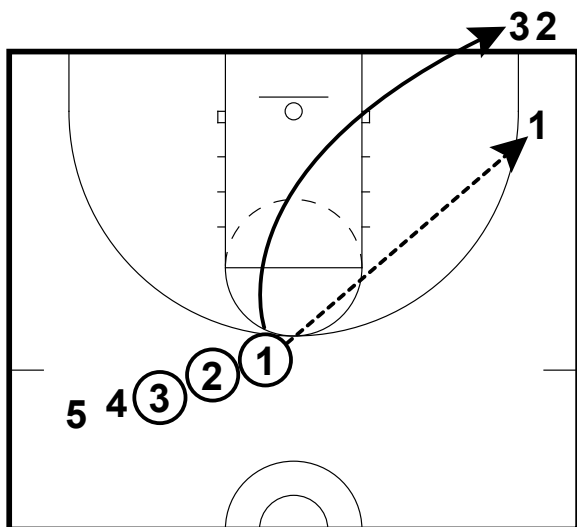
Don Meyer: 3 Balls Baseline Drive (New)



- 3 offensive players with a ball on the wing
- The first player drives baseline and kicks to the baseline drift
- Second player drives baseline immediately after the first player starts his drive. He will kick to the opposite slot.
- The third person with a ball will drive immediately after the second player. He will pass back to the safety crack back

Team Drills

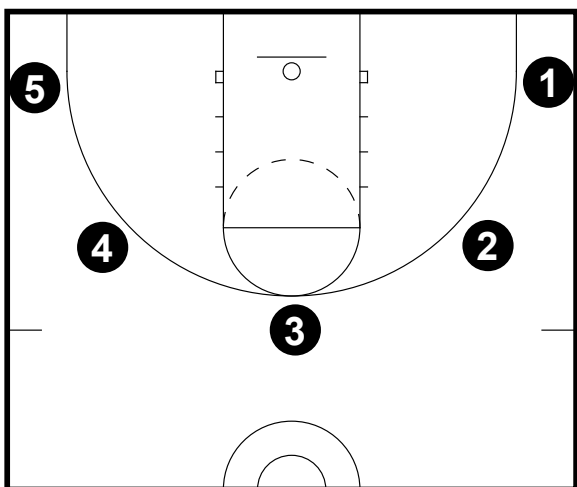
Mike Neighbors: 10 Up



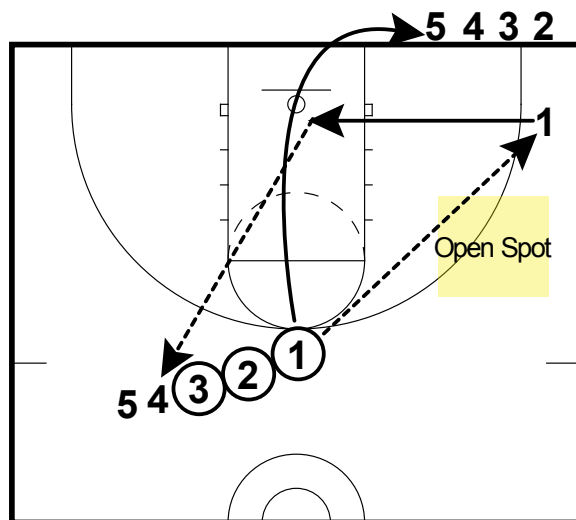
- Do NOT want to accumulate points
- For each consecutive basket made, builds up the point value of bank
- The person who misses the next shot acquires all of the consecutive makes
- Example: 8 consecutive shots have been made, the next person misses, he has just acquired 8 points
- Once you have 10 points, you are out

Team Drills

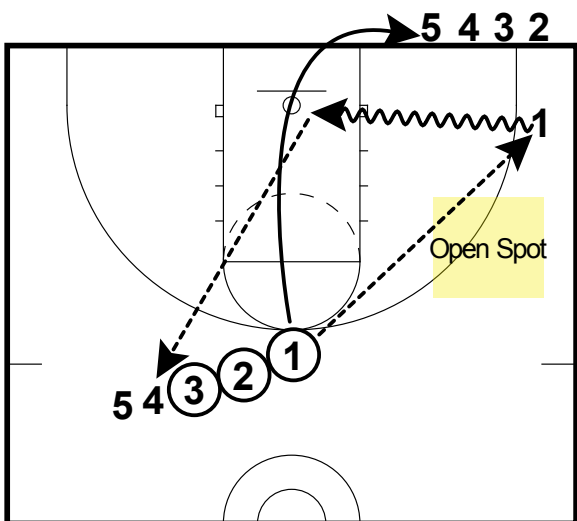
Mike Neighbors: Move Shooting



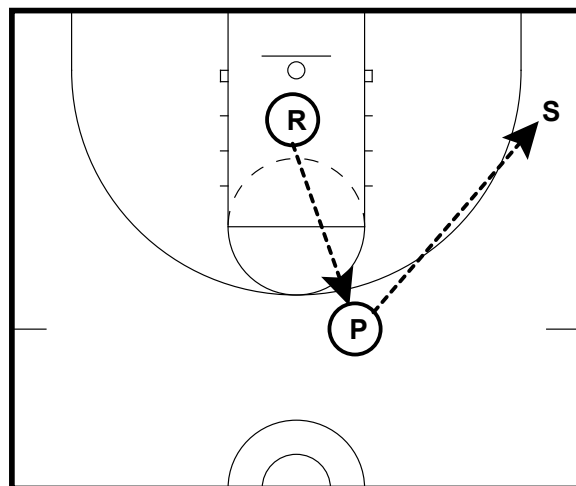
- Must get 10 points from each spot before you can move to the next spot
- 3 pointer = 3 points
- 2 pointer = 2 points
- The 10th point can be a dunk or a lay-up
- First team to get all the way around wins



- Must always make a pass through an empty spot
- All players start behind the 3 point line
- Shooter rebounds shot and passes to the next man in the passing line



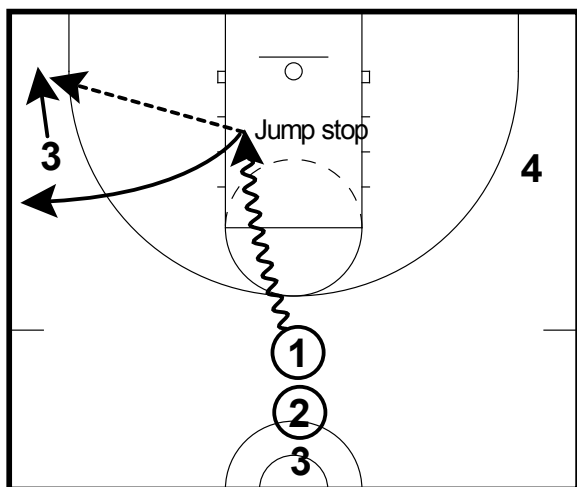
- Variation**
- Need to make 2 lay-ups before you can start accumulating points



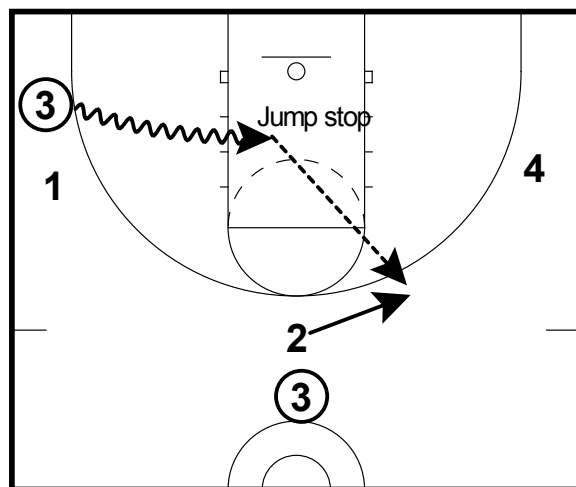
- Variation**
- Can also be done as an individual drill
 - Need 1 shooter, 1 rebounder, 1 passer

Team Drills

Jamie Angeli: Drive and Kick Top Shots



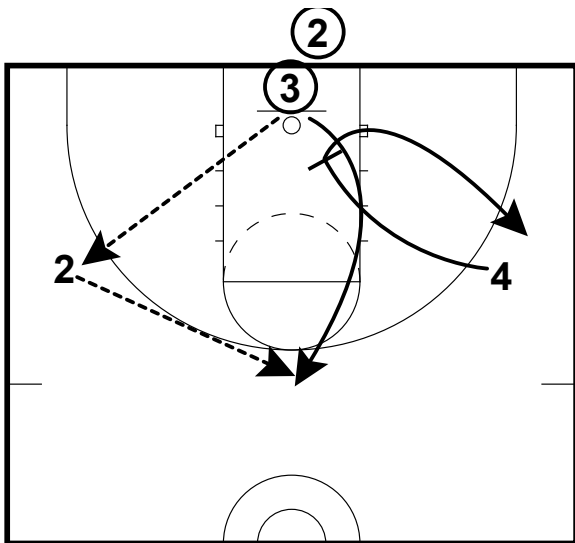
- 1 penetrates the lane, comes to a jump stop and kicks to 3 drifting to the corner
- 1 rotates to the wing after passing



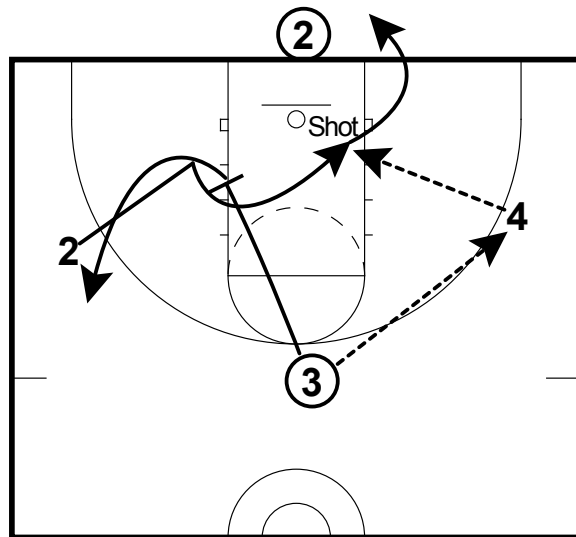
- 3 penetrates the middle, jump stops and kicks to 2
- You now run the drill to the other side

Team Drills

Jamie Angeli: Motion Down Screen Curl Shooting



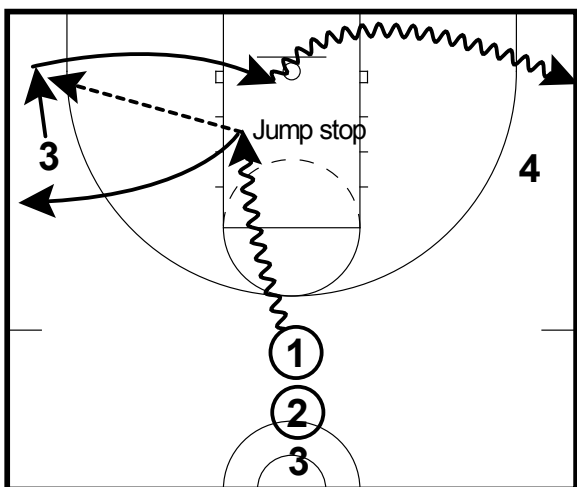
- Passing line starts under the rim
- Pass to the wing, and receive a down screen from 4
- 3 receives a pass from 2



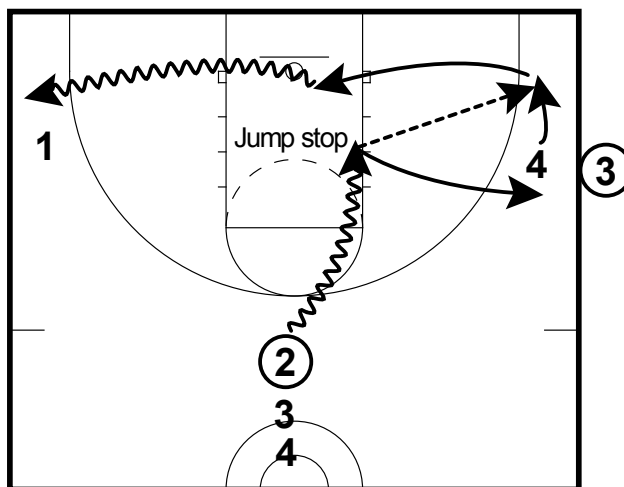
- 3 swings the ball to 4
- 3 down screens for 2 who curls off of the screen to receive a pass from 4

Team Drills

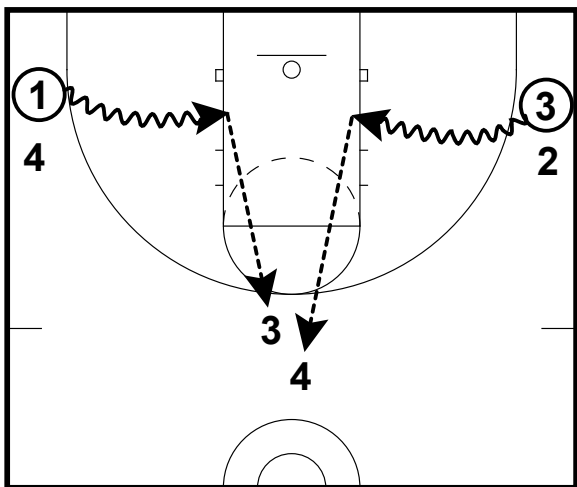
Jamie Angeli: Zone Drive and Kick Wing Shots



- 1 penetrates the lane, comes to a jump stop and kicks to 3 drifting to the corner
- 1 rotates to the wing after passing
- 3 follows his shot and dribbles to the opposite wing



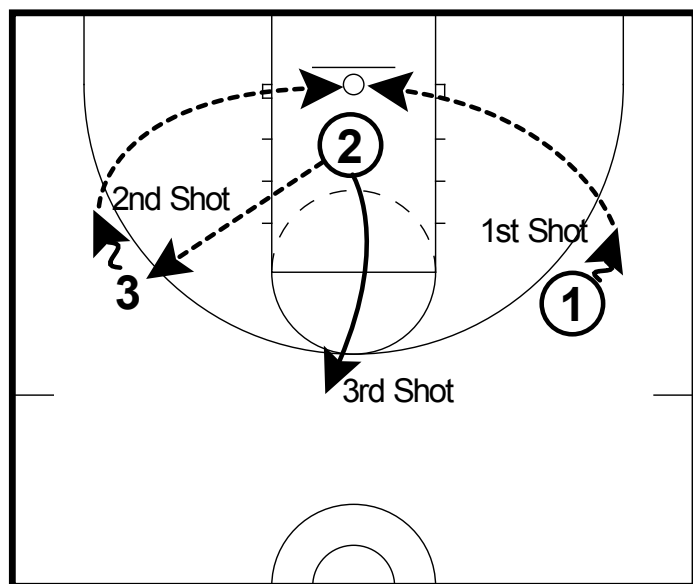
- 2 penetrates the lane, comes to a jump stop and kicks to 4 drifting to the corner
- 2 rotates to the wing after passing
- 4 follows his shot and dribbles to the opposite wing



- 1 penetrates the lane, jump stops and kicks out to 3
- 3 penetrates the lane, jump stops and kicks out to 4
- You know start the drill over with the players at the key, penetrating and kicking out to the wings for a 3
- Run the same rotations

Team Drills

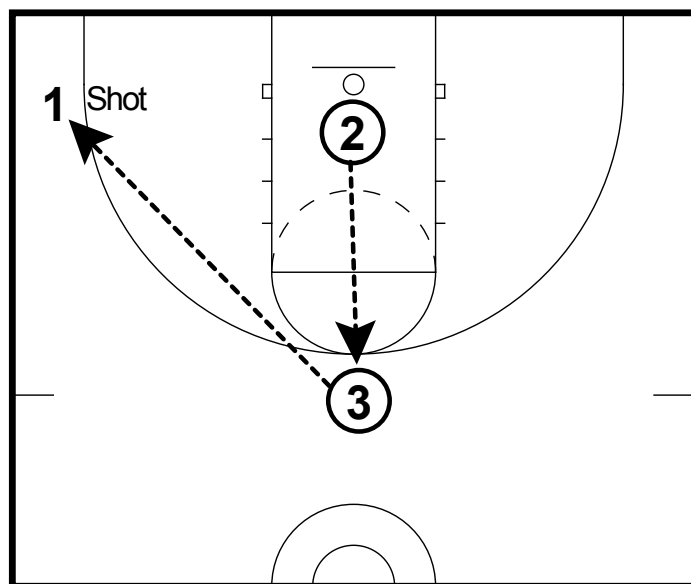
Jay Wright: Slide 3's



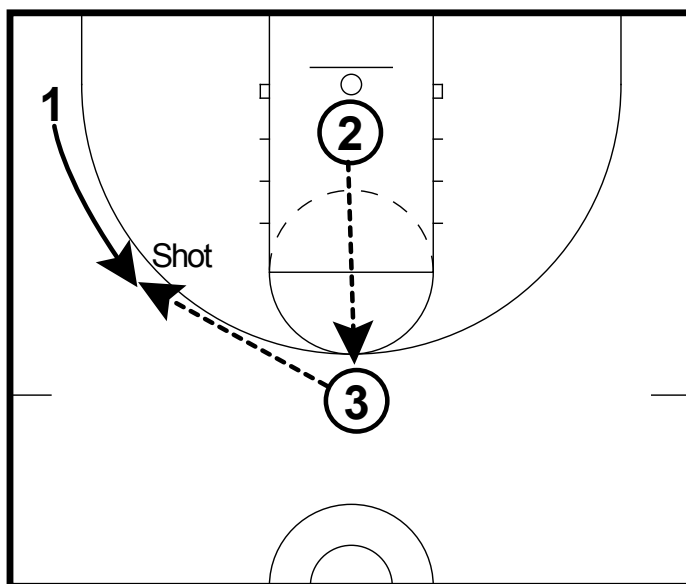
- 3 players, 2 balls
- 30 seconds on the clock
- When a shooter receives a pass, he ball fakes, slide dribbles to the side and shoots a 3
- Shooter follows his shot and passes to the next open player who does not have the ball
- Good drill for teaching end of game 3 pointers when the other team knows that you need to shoot a 3

Team Drills

Jay Wright: 35 Second Shooting (Wing/Baseline)



- 35 seconds on the clock
- Shooter works from wing to baseline
- Keep track of makes (makes it competitive)
- Rebounder passes to passer, passer feeds the shooter
- Work on inside pivot (1-2 step)



- After the baseline shot, shooter cuts to the wing to receive a pass from the passer

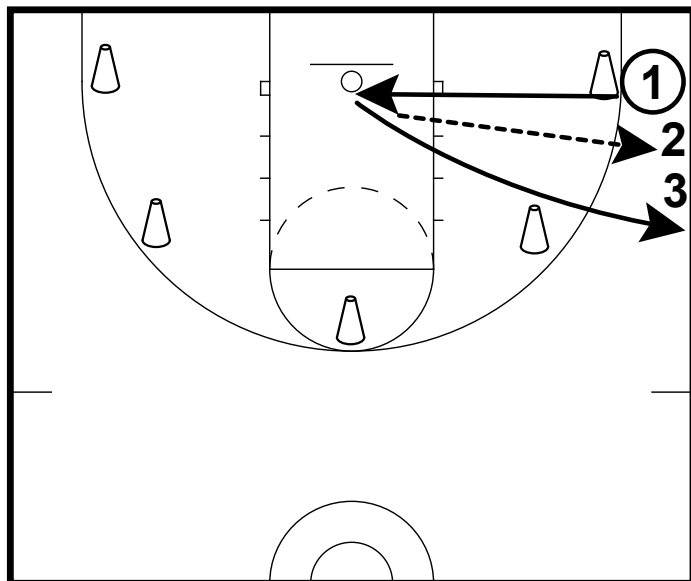
Partner Drills

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Partner Drills

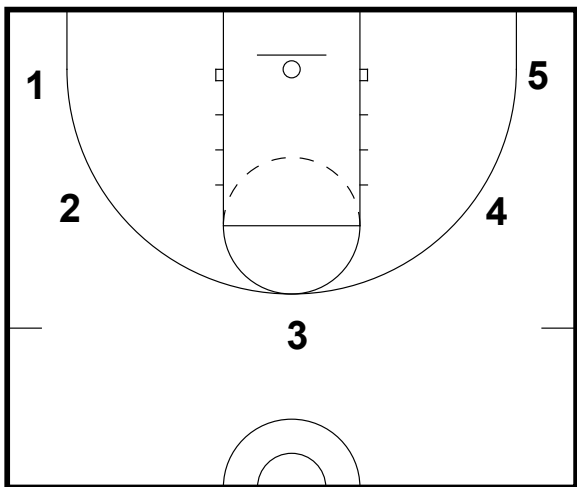
Vance Walberg: 5 Spot Shooting



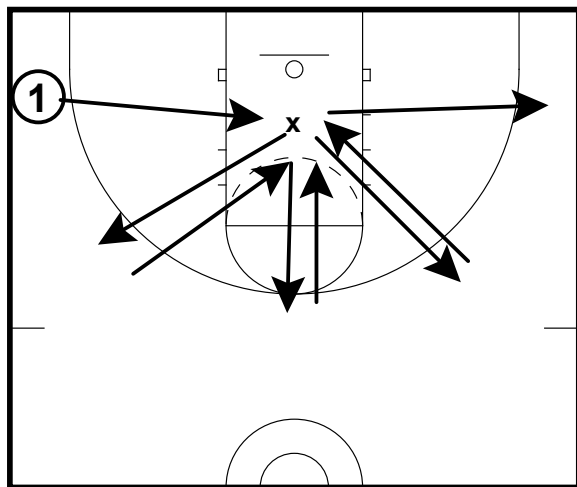
- 5 spots on the floor (right and left baseline, right and left elbow extended, top of the key) Again all 3 Point shots
- 4 Minutes on the clock
- Must make 10 baskets at each spot before moving on to the next spot.
- Start at right wing, then right baseline, left baseline, left wing, top of key.
- After you make the 10 shots at the top of key (for a total of 50 makes), keep shooting at the top of key until time runs out. The goal is to score in the POSITIVE, which is any basket after making the initial 50 baskets. For example, if you hit the 10 baskets from each spot (50) and make 8 more baskets at the top of the key, the score would be +8. On the other hand, if you only make it to the left wing and make 6 shots before the 4 minutes run out, you would have a score of (-14). Since you were 14 makes short of the 50 makes that hitting 10 from all 5 spots would be.
- Drill is done with 3-5 players 2 balls. Line up at the first spot, shoot, follow own shot, pass back to next person in line. After 10 baskets are made from the first spot (right wing) move on to the next spot (right baseline) etc. etc.

Partner Drills

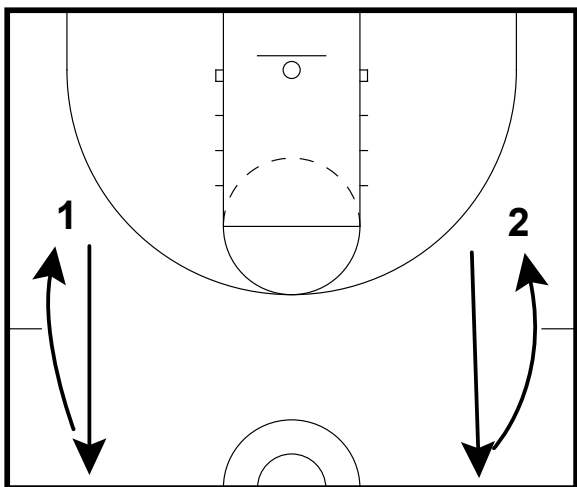
3 Point License



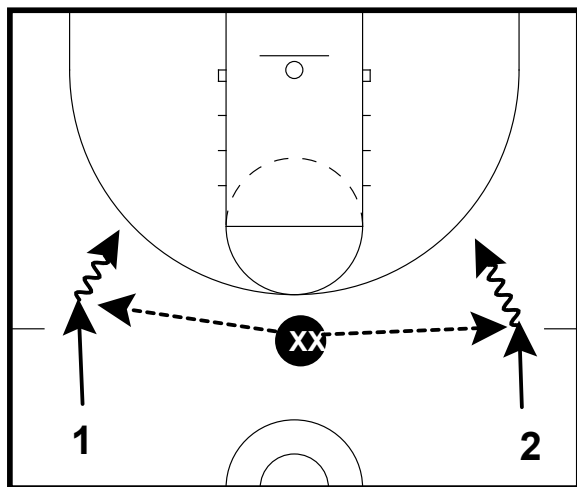
5 sets of 10, 5 Drills, must make 35/50 to get 3 point license.
Drill1: 5 Spot shooting, 2 shots from each spot.



10 shots from 5 spots, must touch middle before going to next spot.



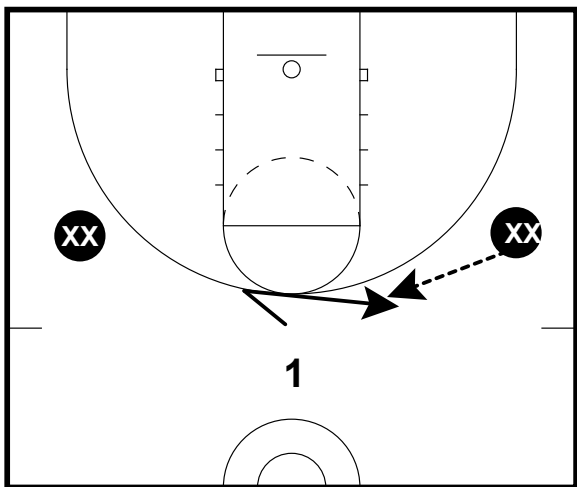
5 spots each spot, must touch halfcourt after each shot.



5 shots each side, dribble into

Partner Drills

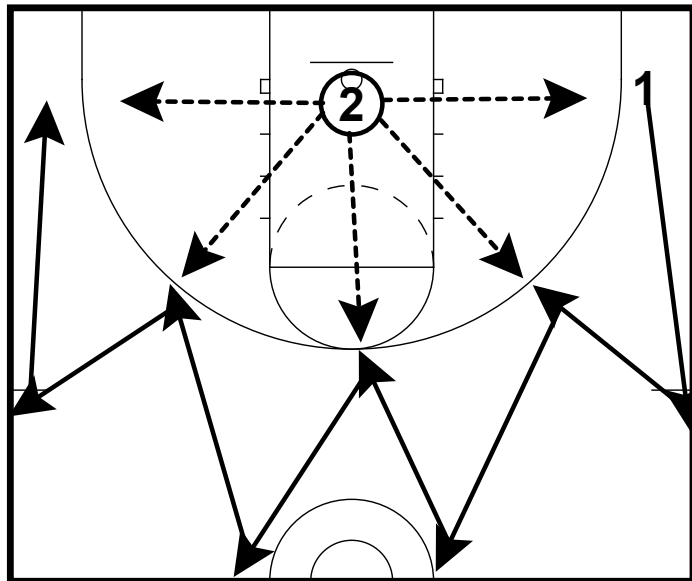
3 Point License



5 shots each side, V cut into shot.

Partner Drills

Continous 3Pt Shooting

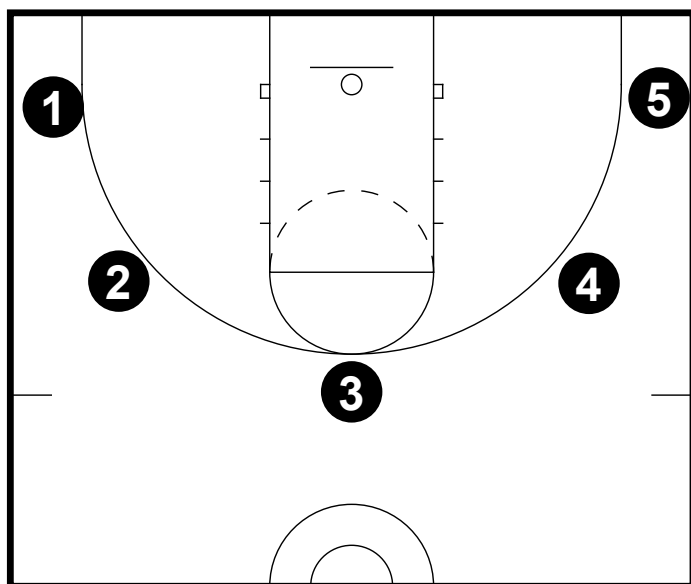


Player starts in corner, receives pass from under the basket, he then sprints to sideline, then to wing, half court to top of key, half court to wing, wing to sideline back to corner.

Credit: Jim Buller, Bethany Christian

Partner Drills

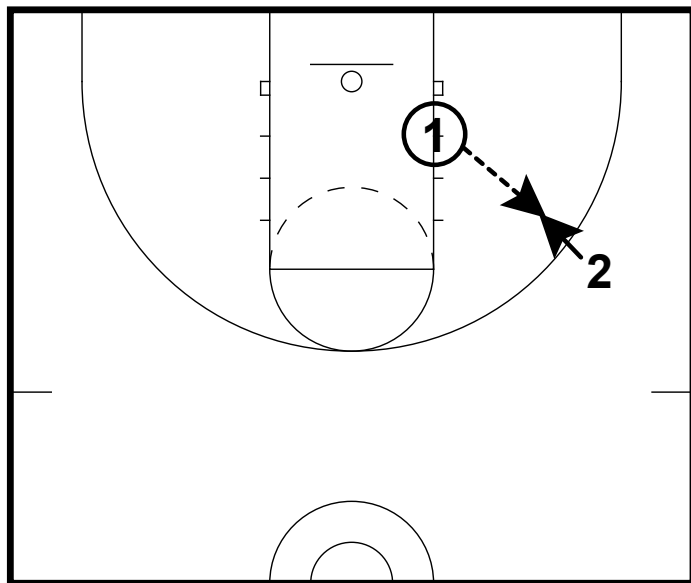
Mike Neighbors: Celtic Shooting



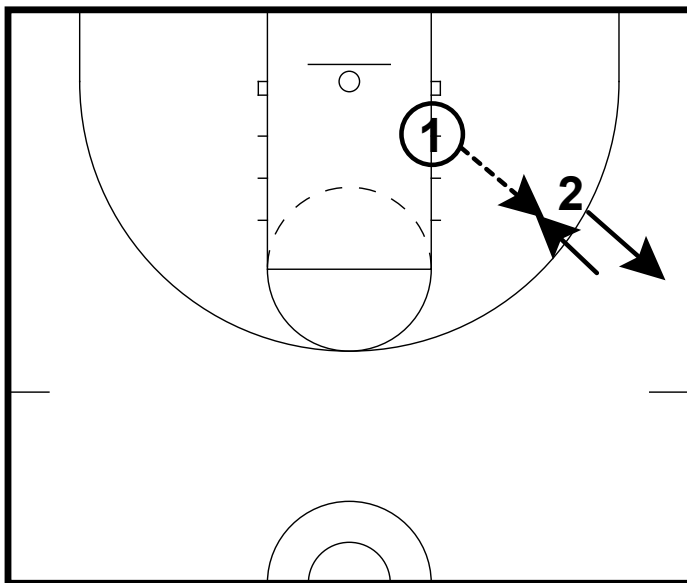
- The spots on the floor are the spots the player is going to shoot from
- Shooter has to make 2 in a row in order to advance to the next spot
- Have a rebounder and passer
- 2 minutes on the clock

Partner Drills

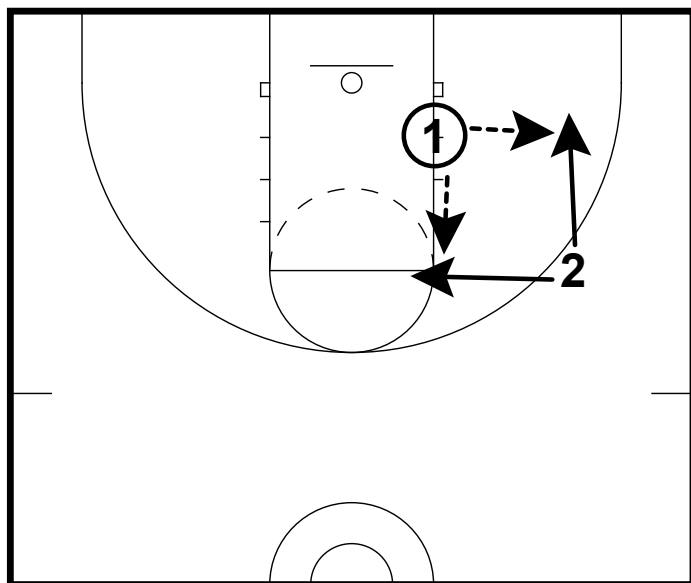
2-Man Shooting Drill



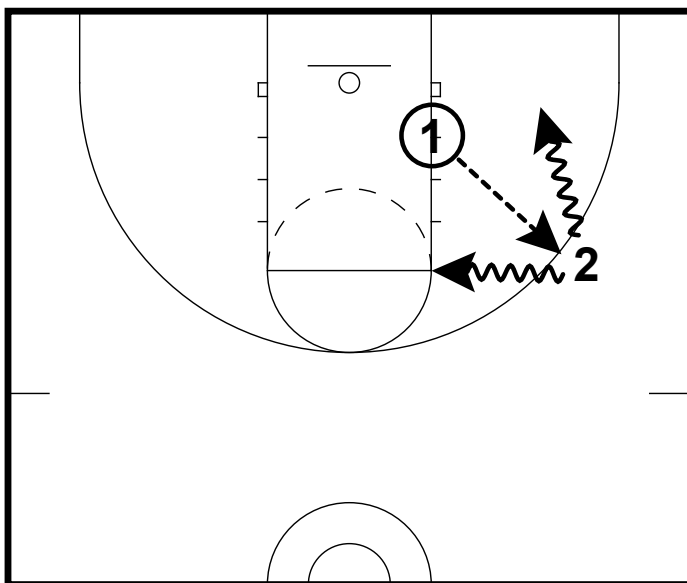
Step-in jumpers. #2 will step into the shot and shoot the jumper for 30-45 seconds and then switch with her partner.



The shooter must always step back past the 3-point line and then step into the shot each time.



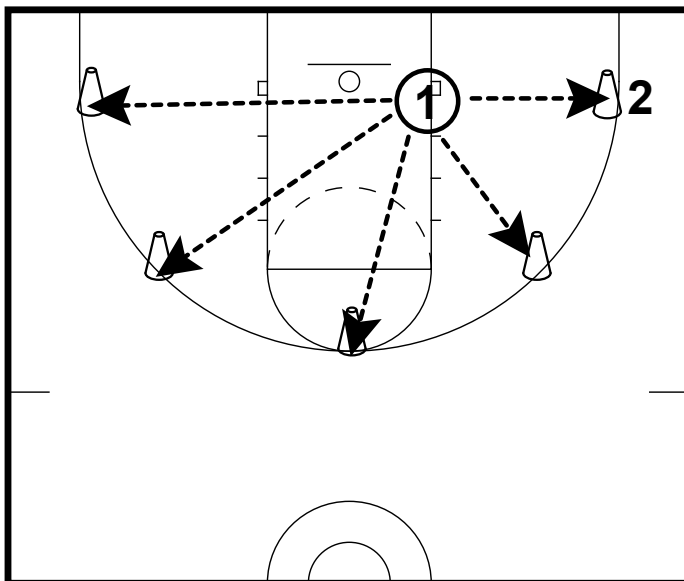
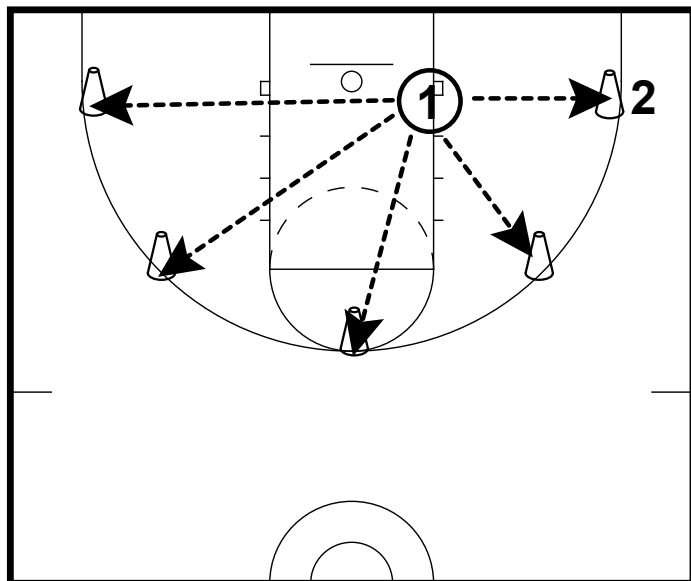
Next progression is side-to-side shooting for 30-45 seconds.



Next progression is one dribble jump shots to the left and right for 30-45 seconds.

Partner Drills

90-Second 3's



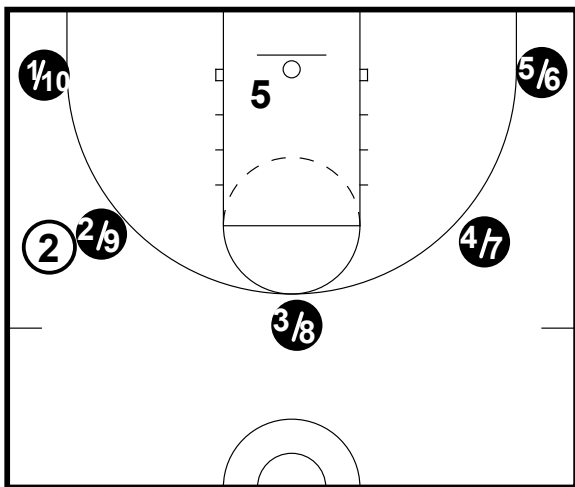
Players partner in two's. There are five different spots on the floor; players choose any five they wish. Player 1 has to hit three consecutive 3-pointers before they move on to the next spot. The goal is to see how many spots they can clear before 90 seconds expire. Coaches keep track of time and Player 2 rebounds for Player 1. After the drill is over, have each player call out how many spots have been cleared.

Player starts in corner with 2 min on clock. Goal is to make it around and back before clock expires. 2 shots must be made in a row before you can advance to the next spot. When you make it to the opposite corner, a player must make 2 sets of shots in a row (not 4). Xavier record is :58 left on clock.

This is also a rebounding drill. Player 2 should be going up hard for the rebound and making good outlet passes to Player 1.

Partner Drills

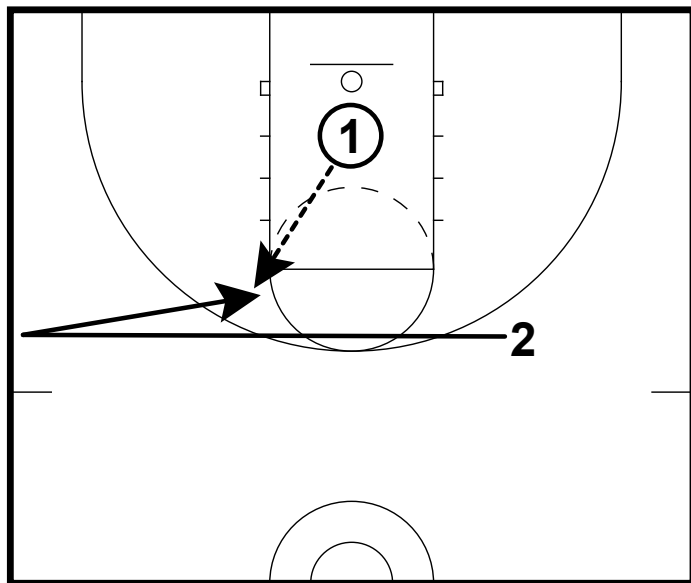
Make 10 Before Miss 5



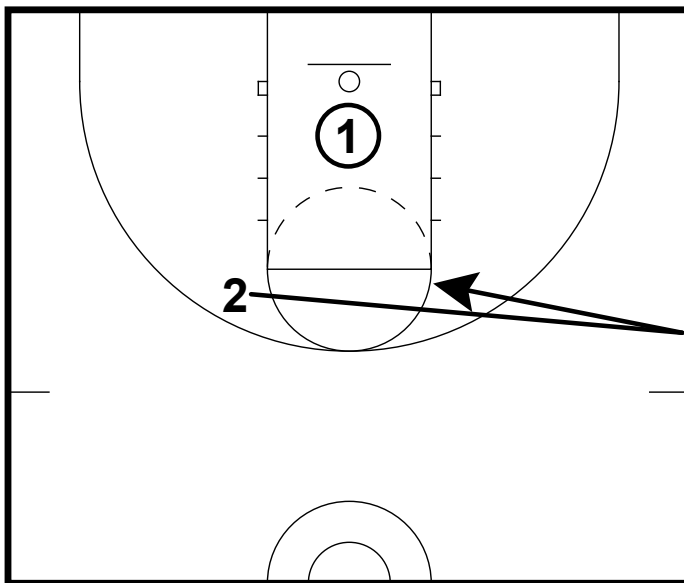
Make 10 Before Miss 5
Passer spaces ahead of shooter one spot.

Partner Drills

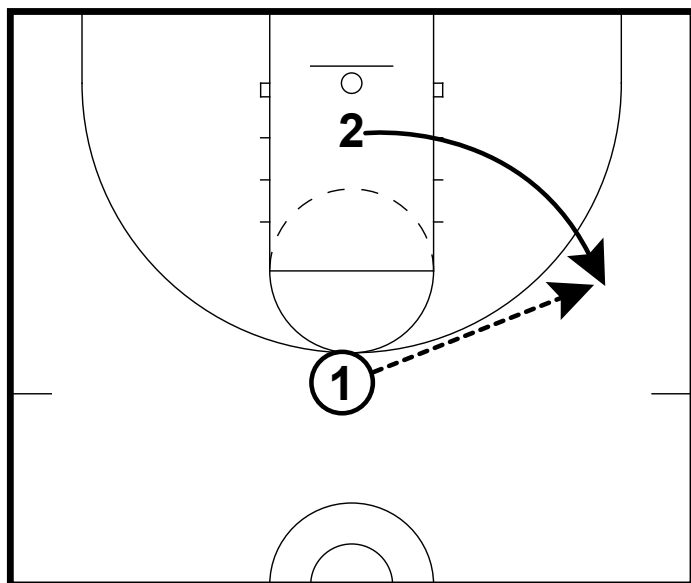
Windshield Wiper Shooting



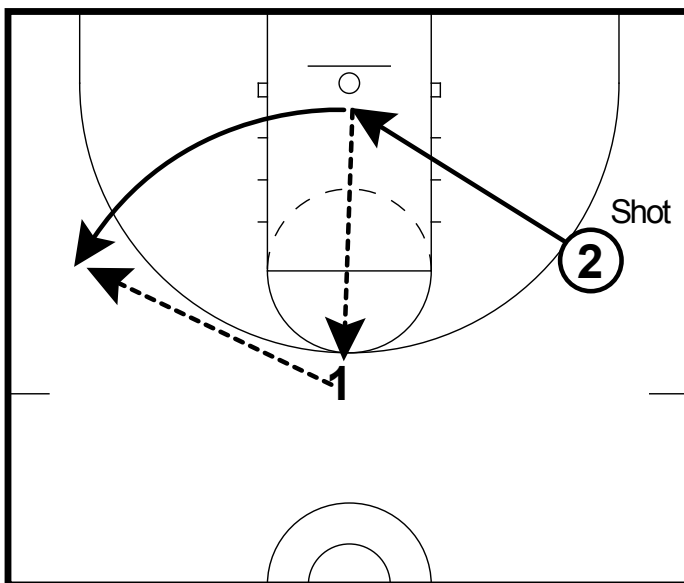
- Need 1 shooter and 1 rebounder
- Drill starts by the shooter sprinting to the opposite sideline and then coming back to the elbow / elbow extended to receive a pass from the rebounder
- Need to emphasize proper footwork on the catch as well as proper shooting mechanics



- After the shot, the shooter sprints to the opposite sideline and comes back to the elbow / elbow extended to get another pass from the rebounder
- Repeat 3 times on side



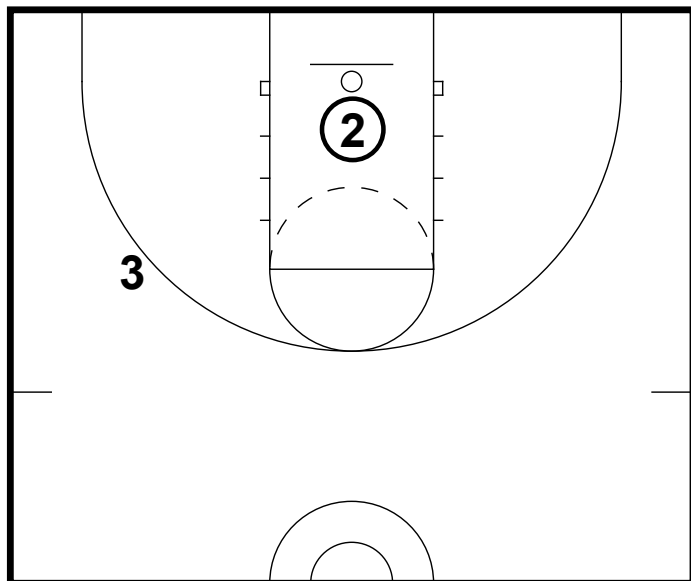
- Shooter now works on the wing shooting
- Shooter starts under the rim and cuts to the wing and receives a pass
- Continue to emphasize footwork and shooting mechanics



- After the the shooter, the shooter gets his rebound and passes back to the passer
- The shooter cuts to the opposite wing for another shot
- Repeat 3 times on each side

Partner Drills

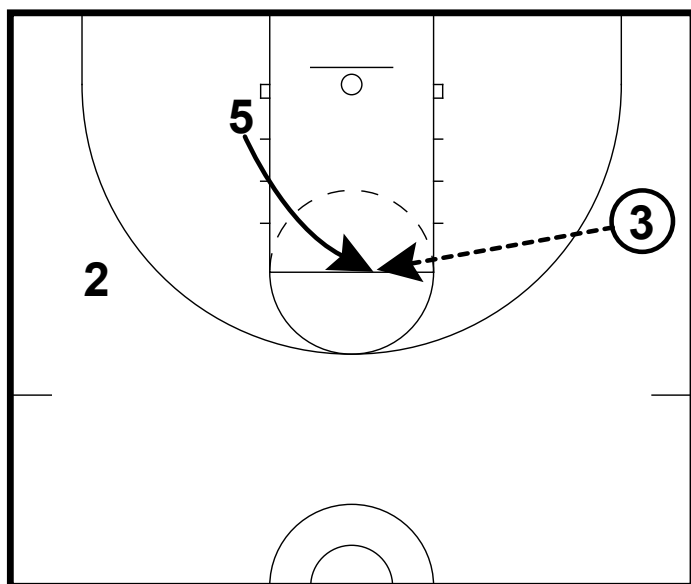
Don Meyer: Make 10 Dont Miss 2 in a Row



- 1 shooter and 1 rebounder
- The shooter can shoot any game shot (game shots, game spots, game speed)
- Need to make 10 baskets without missing 2 in a row
- If you miss 2 in a row, the shooter is out and a new shooter comes in
- With younger players, allow them to shoot a lay-up to keep the string going

Partner Drills

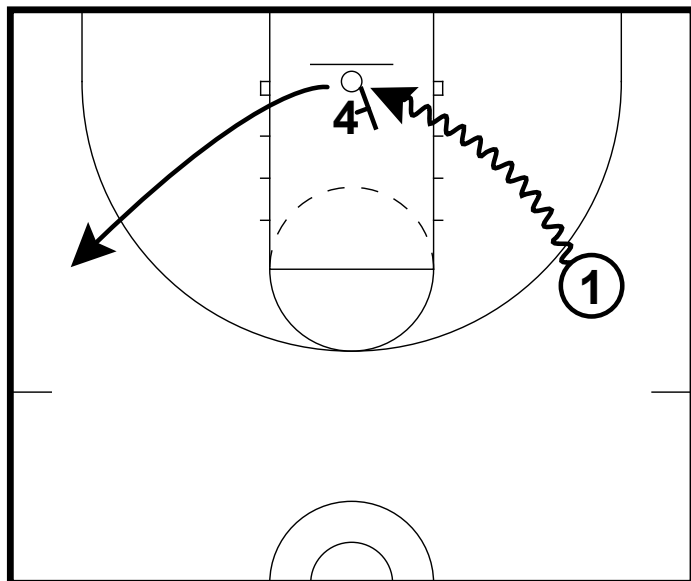
Don Meyer: Make 5 in a Row, Putbacks Count



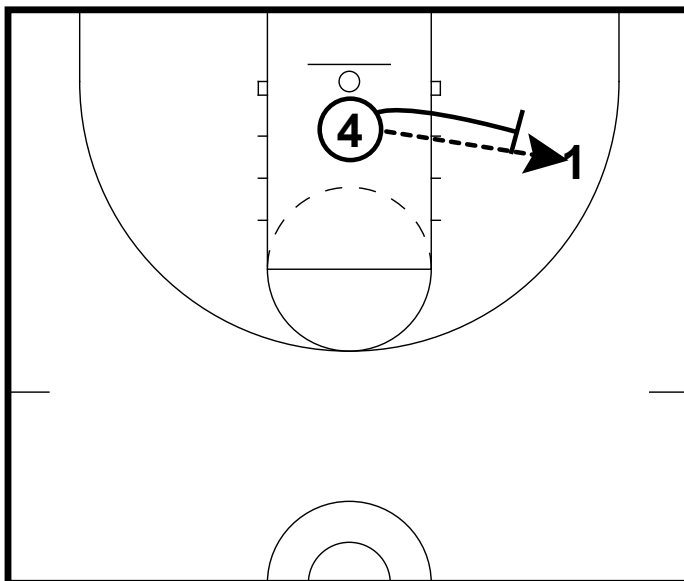
- A good drill for post players --- teaches them to follow their shot
- Shoot game shots
- You can rebound a miss and put it back as long as the ball does not touch the floor
- Need to make 5 in a row

Partner Drills

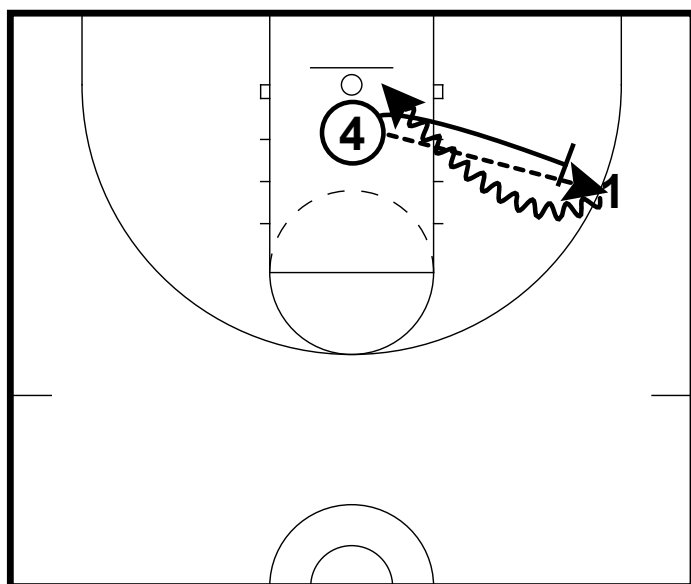
Don Meyer: 35 Shot Drill



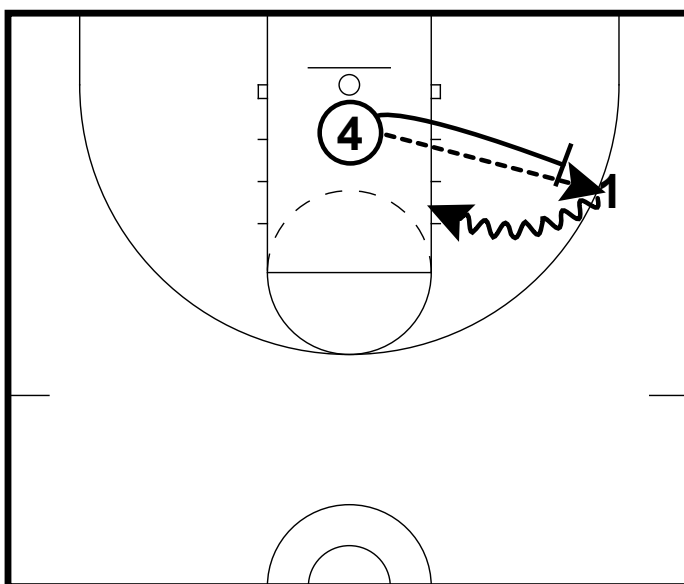
- Drill starts by the shooter shooting 5 lay-ups
- His partner should contest the lay-up, but not try and block it
- Focus on making clean makes (glass, no rim)
- Alternate from side to side until 5 shots have been made
- Then the rebounder becomes the shooter



- The shooter will then progress to shooting 5 jump shots within the arc
- The rebounder will pressure the shot to simulate game shots
- Shooter should catch with feet read and squared up to the basket



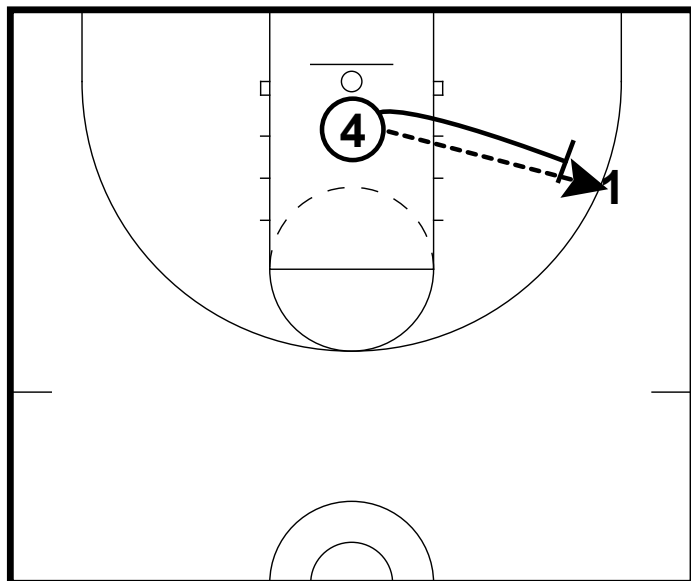
- The shooter will then progress to 5 shots of shot fake and drive
- Emphasize using a 2 inch shot fake, NO foot fake
- Shooter gets 1 dribble to get to the basket, unless the shooter is performing a hesitation dribble
- The rebounder will pressure the shot to simulate game shots



- The shooter will then progress to 5 shots of shot fake and jump shot
- Emphasize using a 2 inch shot fake, NO foot fake
- Shooter gets 1 dribble to cover some distance and separation

Partner Drills

Don Meyer: 35 Shot Drill



- The shooter will then progress to 5 shot3 point shots
- Defender closes out to challenge the shot

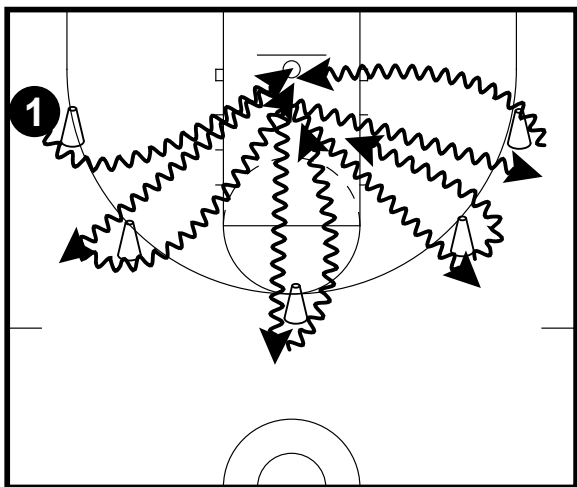
Individual Drills

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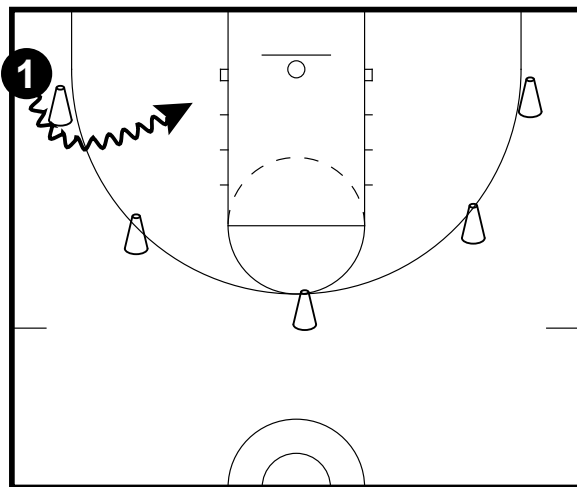
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X Shooting (New)	28

Individual Drills

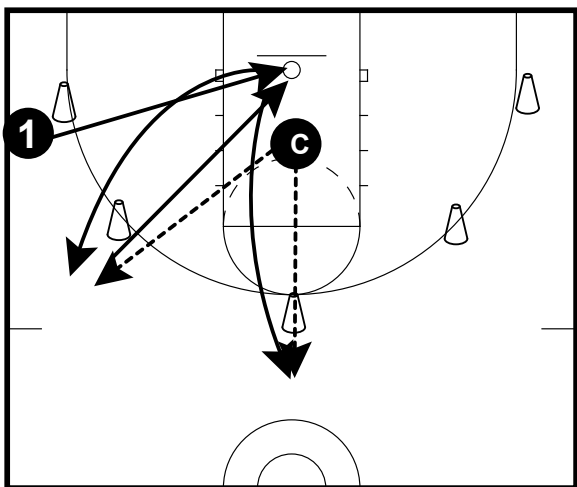
Cone Shooting



First Series: Layups from both side of the floor. Can be regular layups or power layups



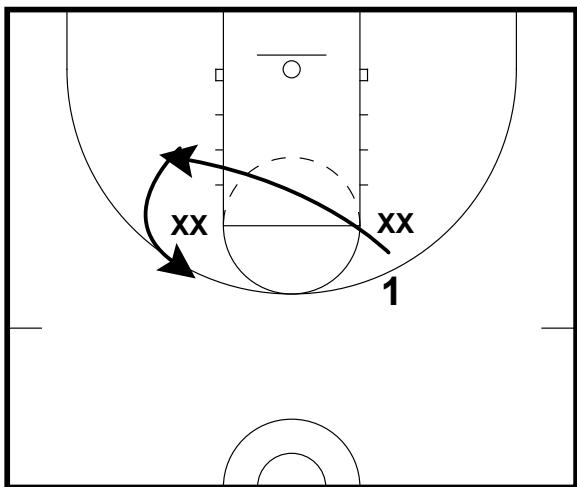
Second Series: 2 dribble pulls ups from both sides of floor



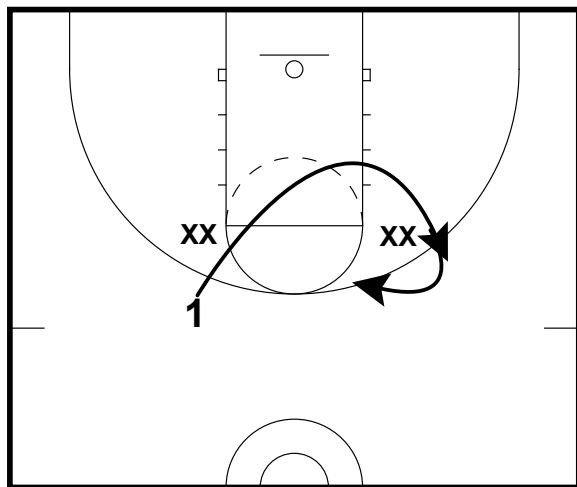
Third Series: Shoot jump shot, sprint to rim, then cut back to cone. Work from both side of floor.

Individual Drills

X Shooting (New)



XX=Chair with ball



Shooter circles around chairs, gets ball and shoots. Make 10 shots

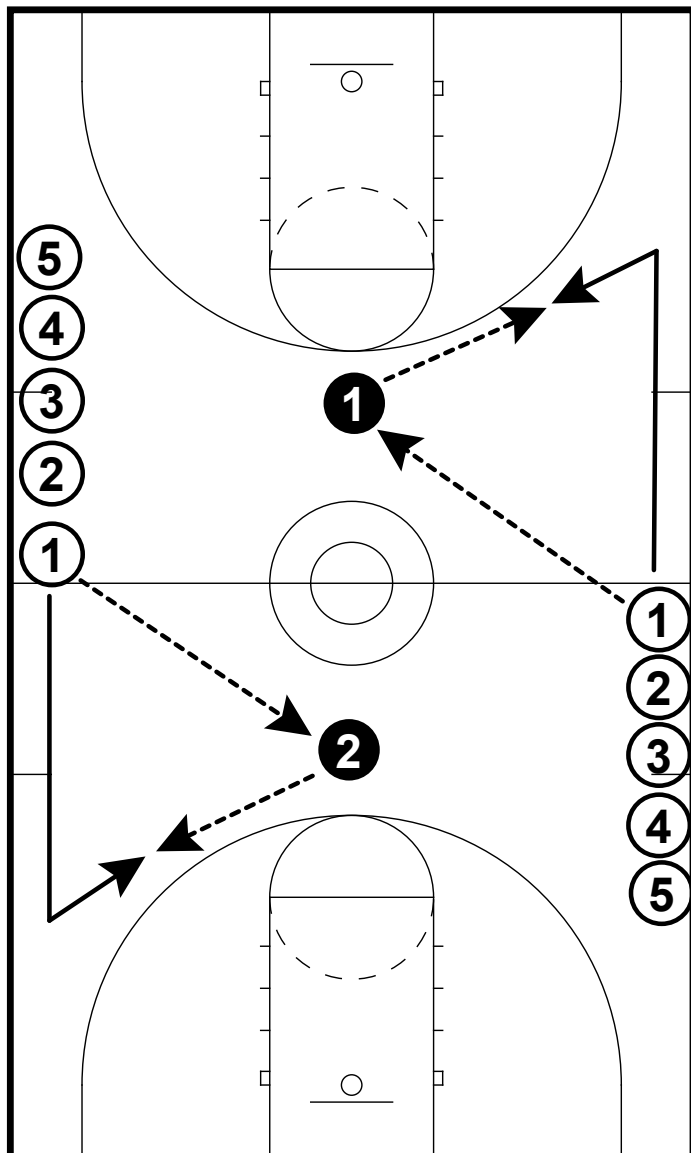
Transition Drills

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Transition Drills

Reaction Shooting

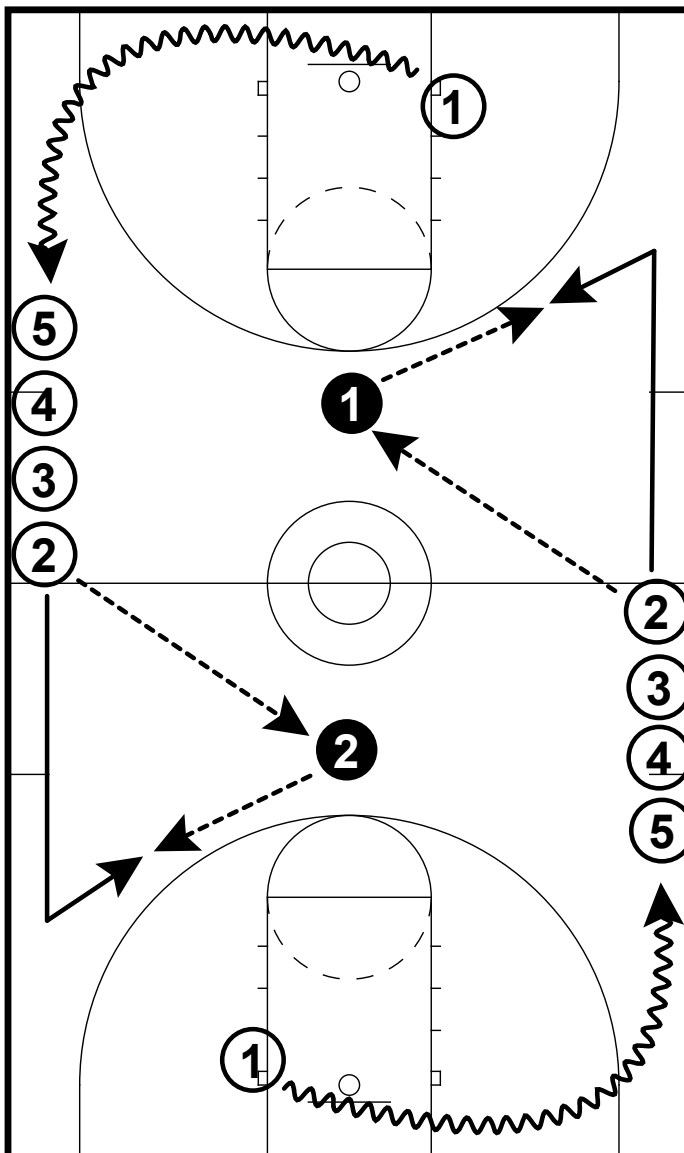


Reaction Shooting. Split team up into even lines on each side of the floor before half court. One coach at the top of the key on each end. Everyone has a ball.

First player in line passes to the coach, sprints up the sideline and then cuts back to receive the ball from the coach.

The coach will give verbal commands that the player has to execute immediately. They are:

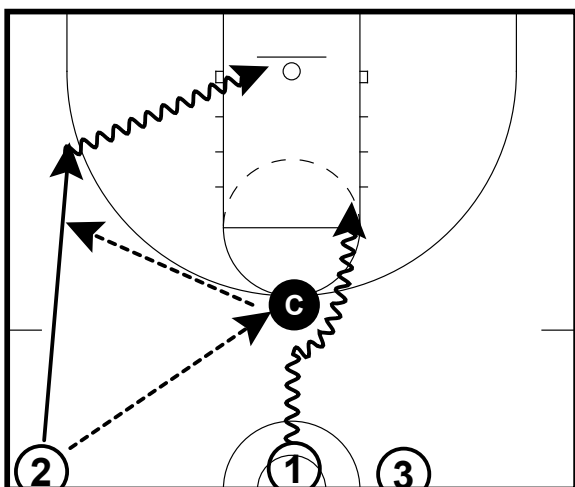
1) Shoot, 2) Drive right, 3) Drive left, 4) Shot fake & drive, 5) Power Lay-up, 6) or a variety of other offensive moves off the catch and / or dribble.



Reaction Shooting. Shooters get their own rebound and get to the end of the line on the opposite side of the floor.

Transition Drills

Transition Shooting



10 shots each:

Dribble at coach, crossover to elbow pullup jumper

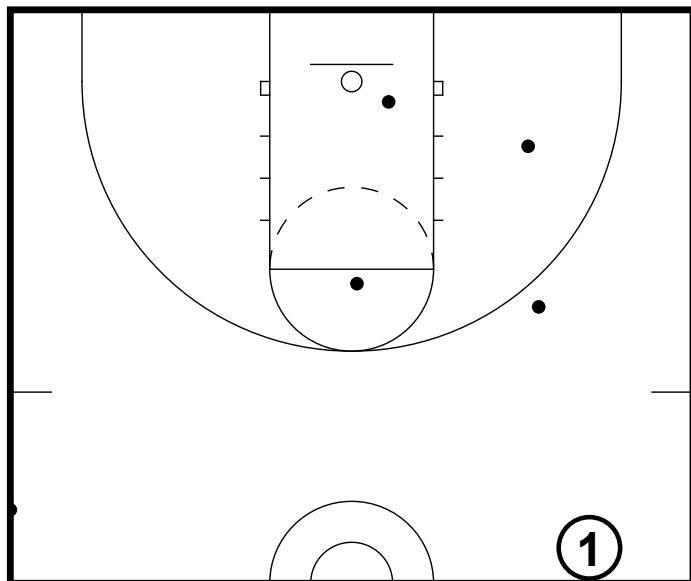
From wing, pass to coach receive pass, catch rip and drive baseline/middle.

From wing, pass to coach receive pass, shot fake and one dribble baseline/middle.

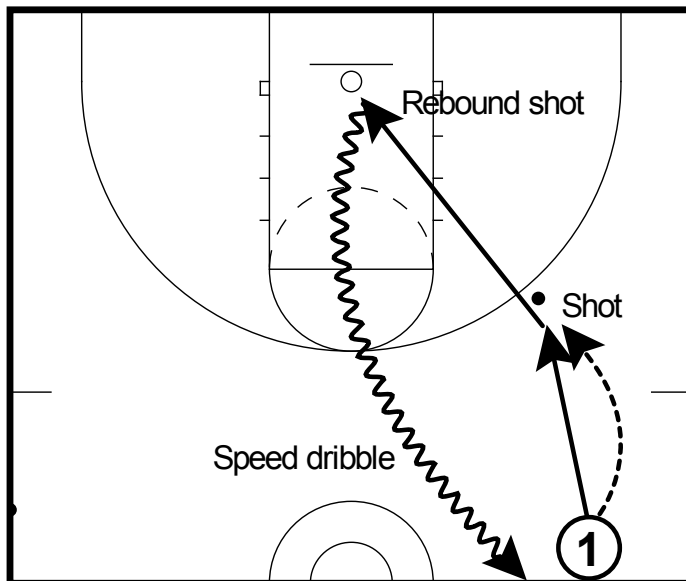
From wing, catch & shoot 3's.

Transition Drills

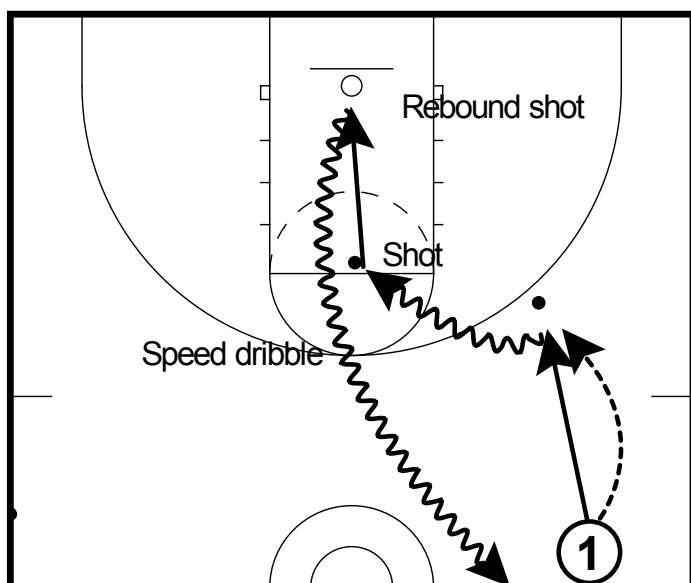
Transition Shooting Series



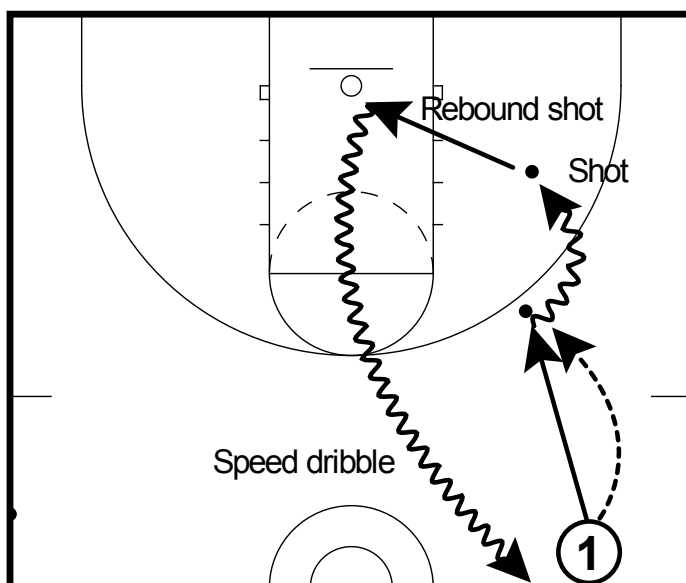
- Can be an individual drill or a partner drill
- Spots marked on the floor are the spots where shots are going to be taken



- Drill starts at half court
- The shooter lobs the ball out in front of him
- He sprints ahead to catch the ball on the first bounce (simulates receiving a pass)
- He should catch in rhythm for a pull up 3
- Shooter follows his shot
- He then speed dribbles back to half court with his weak hand
- Repeat for a total of 3 transition 3 point shots



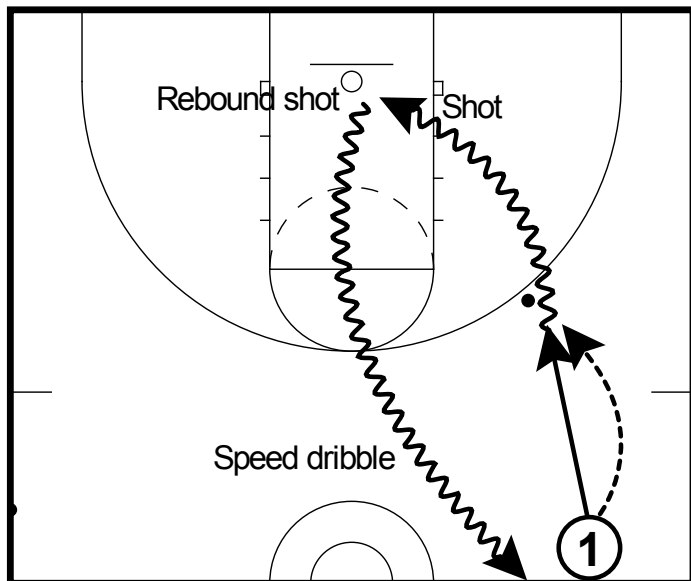
- The shooter lobs the ball out in front of him
- He sprints ahead to catch the ball on the first bounce (simulates receiving a pass)
- He should catch in rhythm for a shot fake and then takes 1 hard dribble to the free throw nail for a pull up jumper
- Shooter follows his shot
- He then speed dribbles back to half court with his weak hand
- Repeat for a total of 3 transition nail pull up jump shots



- The shooter lobs the ball out in front of him
- He sprints ahead to catch the ball on the first bounce (simulates receiving a pass)
- He should catch in rhythm, shot fake, 1 dribble pull up off the glass
- Shooter follows his shot
- He then speed dribbles back to half court with his weak hand
- Repeat for a total of 3 transition pull ups off of the glass

Transition Drills

Transition Shooting Series



- Drill starts at half court
- The shooter lobs the ball out in front of him
- He sprints ahead to catch the ball on the first bounce (simulates receiving a pass)
- He should catch in rhythm, shot fake, rip and drive
- Shooter follows his shot
- He then speed dribbles back to half court with his weak hand
- Repeat for a total of 3 transition drives

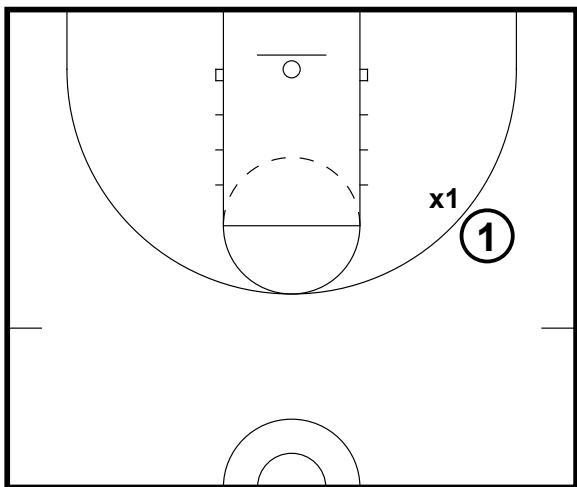
Finishing Drills

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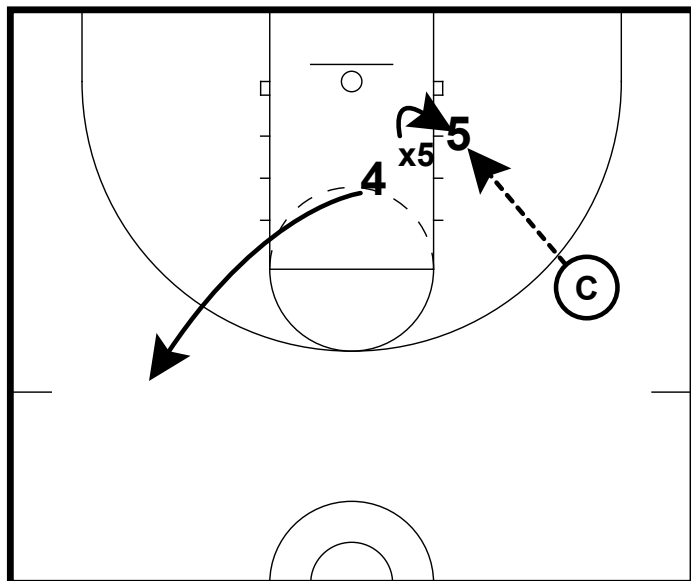
Finishing Drills

Jab Series (New)



Finishing Drills

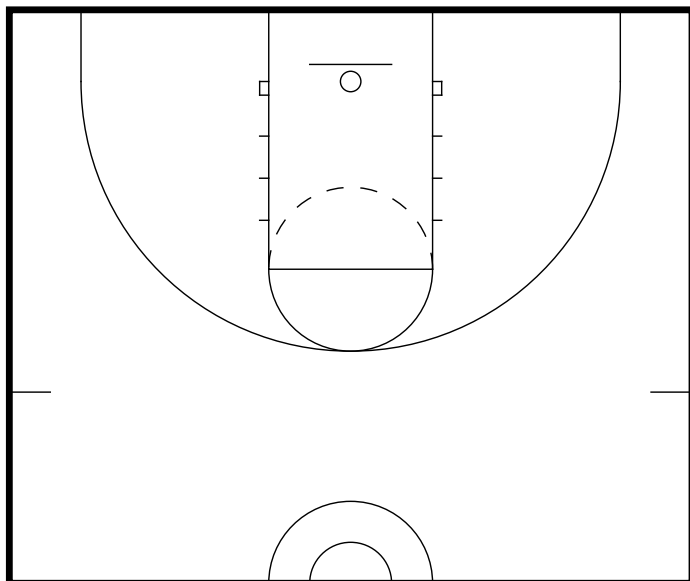
Rob Jeter: Finishing School



- Drill starts with 2 post players and a defensive player standing in between them
- Coach throws the ball to one of the offensive players
- The defensive player tries to contest the post move of the offensive player
- The player who does not receive the pass clears out

Finishing Drills

Michael Meeks: Finishing Moves



Finger Rolls:
Emphasizing a stretching out with the ball. Hand underneath the ball going up softly.

To speed up the drill, tell them to push out the ball and try to get there with no more than two dribbles.

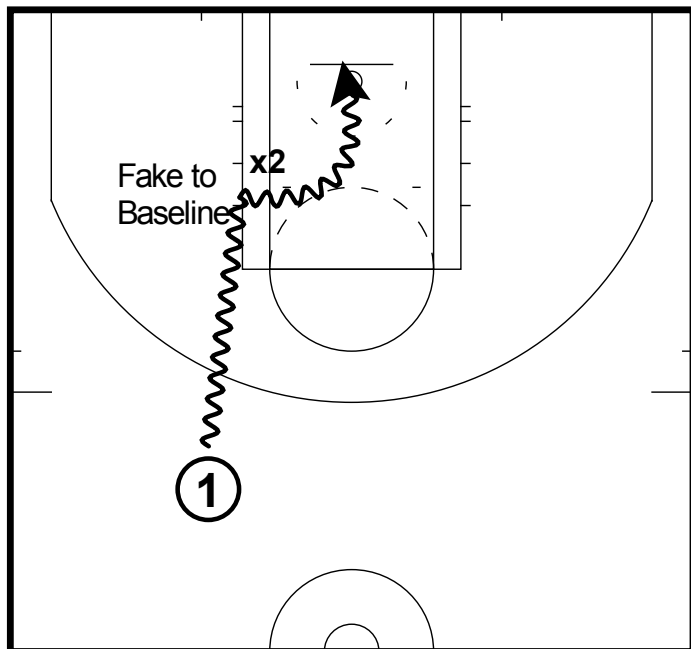
Also have them starting on the same side dribble down the key to finish on the other side of the hoop.

The stretch can be exaggerated by telling them to jump over cones.

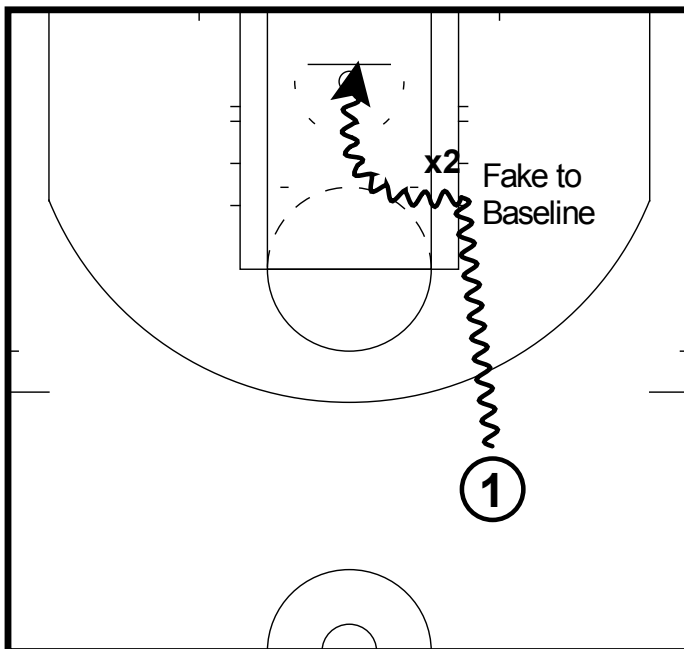
Allows you to separate from defender. Allows you to make a layup at full speed with no slow down.

Finishing Drills

Ginobili Drill



1 attacks the rim, using the Ginobili layup by faking to the baseline before ripping the ball back across the body to protect the ball. Usually results in a reverse layup.



1 attacks the rim, using the Ginobili layup by faking to the baseline before ripping the ball back across the body to protect the ball. Usually results in a reverse layup.