

## Competitive Shooting Drills

### One Minute Drill

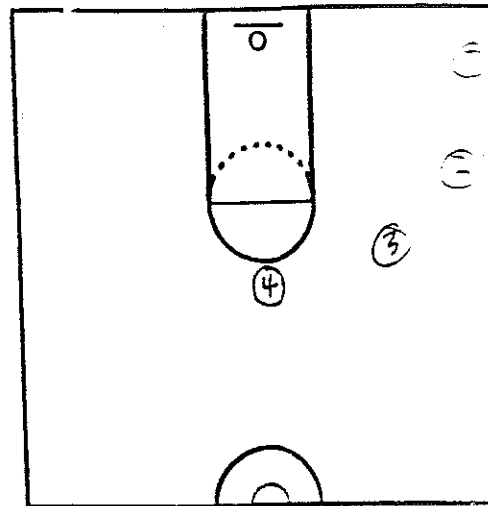
1. From the designated spots player #1 competes against player #2.
2. The player to make the most shots in one minute is the winner.

### First to Ten

1. From the designated spot players #1 and #2 compete.
2. The first player to make ten is the winner.

### Three in a Row From Four Spots Drill

1. Players #1 and #2 compete. They each start on Spot #1.
2. They must make 3 shots in a row from spot #1 before they can move to spot #2.
3. The first player to make 3 in a row from all four spots wins.  
\*\* Do the same drill with the objective to be one shot made in order to move.

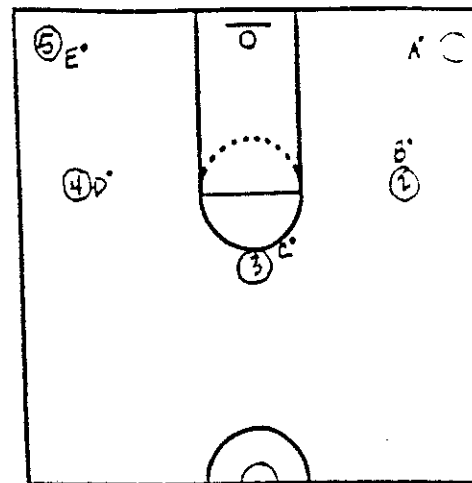


### Four Up Drill

1. Players #1 and #2 compete.
2. The first shooter to get up by four points on his opponent wins.

### Karl Malone Drill

1. We have five players and five spots in this drill.
  2. The first player to make one shot from all five spots and return to his original starting point wins.
- Note: Do the same process but each player must have 3 in a row from each spot.



### Two Man Horse (rapid fire)

1. Players #1 and #2 compete. Each player has their own rebounder.
2. This is your standard game of Horse with one exception. There is very little time in between each shot. This game moves.
3. Player #1 shoots first. If he makes the shot, player #2 must make it from the same spot. If player #2 makes the shot, the score remains the same. If player #2 misses the shot he receives an H.
4. If player #1 misses his attempt, player #2 takes control and player #1 follows him and must match his shot.
5. First player to spell H-O-R-S-E loses.

Quarters

1. Shooter starts on spot #1.
2. At each spot before he moves on to the next spot, he shoots the following shots:
  - A 1-2 step for a 3 pt. shot worth 3 points.
  - A shot fake, one dribble, jumpstop, jumpshot worth two points.
  - A shot fake, one dribble, drive for a lay-up worth one point.
3. There is a potential six points at each spot. There are seven spots. A perfect score would then be 42.

High Game

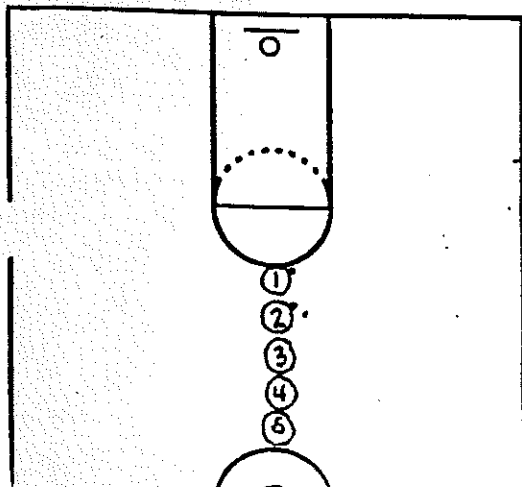
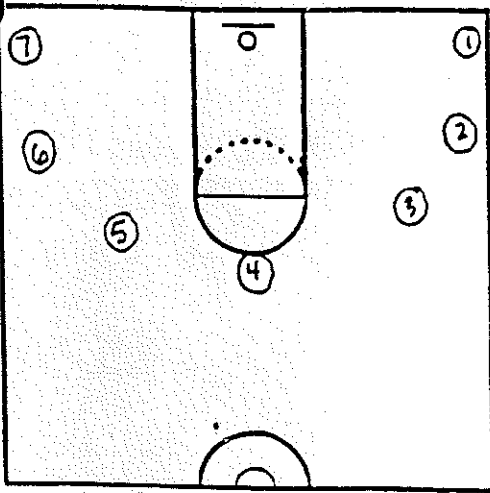
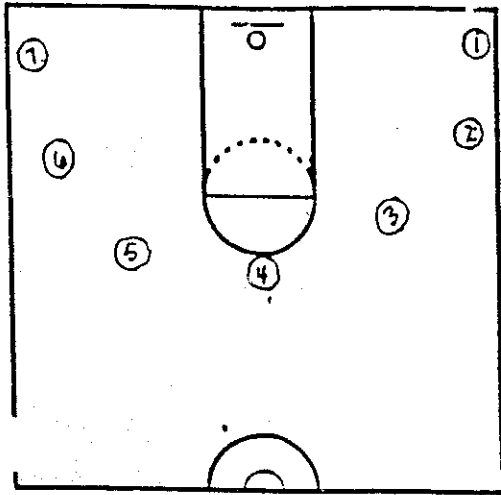
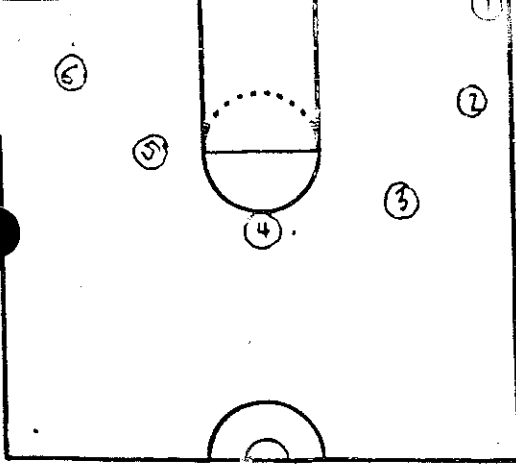
1. Player #1 and #2 compete. Player #1 goes first.
  2. The shooter stays on spot #1 until he misses.
  3. He receives one point for each shot made.
- The player with the most made shots from all seven spots wins.

Low Game

1. Player #1 and #2 compete. Player #1 goes first.
2. As soon as the shooter makes a shot from spot #1 he moves to spot #2.
3. He receives one point for each shot attempted.
4. The player with the lowest score after seven spots wins. A perfect score would be seven.

Knockout Drill

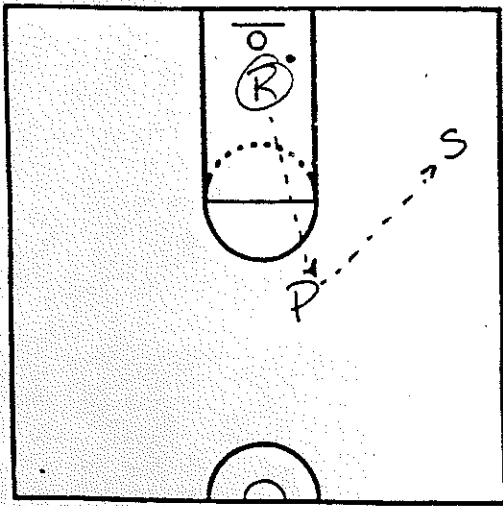
1. Players form a single file line. The first two players have a basketball.
2. Player #1 shoots. If he makes it he gets it out of the net and quickly passes it to the next player in line without a basketball (player #3). He then goes to the end of the line.
3. If player #1 misses his jumpshot, he must rebound it and make layup before the next player in line hits a jumpshot. If the shooter fails to do this he is eliminated.
4. Last player in line is the winner



## FORM SHOOTING DRILLS

### 25 SHOT DRILL

1. Player #1 shoots while #2 rebounds for him
2. Shots 1 - 5: a 3 point shot with a 1-2 step  
Shots 6 - 10: a strong side jumpshot  
Shots 11 - 15: crossover jumpshot  
Shots 16 - 20: strongside jumpshot after a shot fake  
Shots 21 - 25: crossover jumpshot after a shot fake

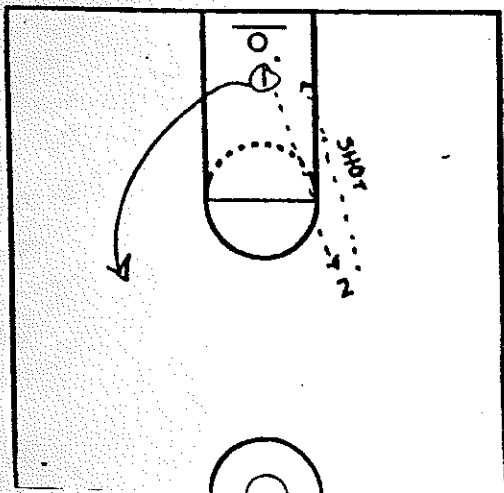


### 55 SECOND DRILL

1. Use two basketballs
2. Shooter has 55 seconds to get up as many shots as he can
3. Rebounder hits passer who feeds the shooter
4. At the end of 55 seconds rotate to the right
5. Vary passes each day

### RAPID FIRE

1. Player #2 rebounds for #1
2. #1 uses the entire three point line. #2 gets #1 as many shots as he can until the whistle blows.



### LIPSCOMB TWO MAN SHOOTING

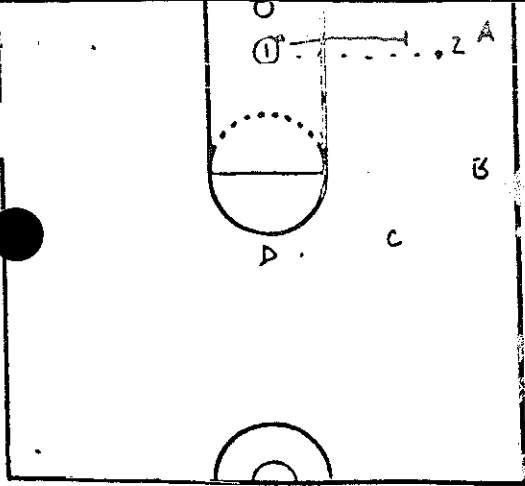
1. #1 stands under the rim with the ball
2. #1 hits #2 with a pass. #2 shoots. As the shot is in the air #1 moves onto the perimeter.

## SHOOTING VERSUS DEFENSE

### CLOSEOUT SHOOTING DRILL

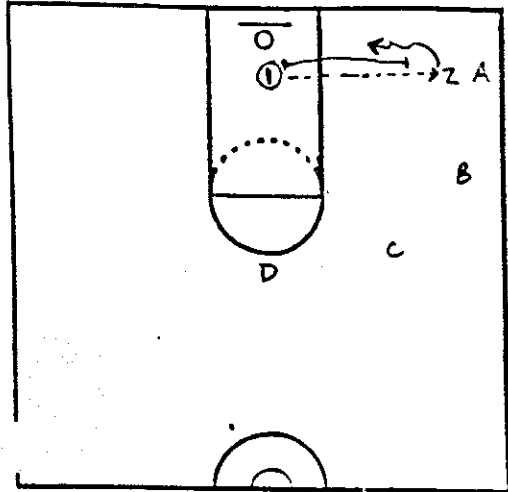
1. Player #1 stands under the rim with the basketball. Player #2 is positioned on spot A.
2. Player #1 throws a chest pass to #2 and closes out on him
3. #2 shoots the ball as #1 contests the shot
4. #2 rebounds his own shot and player #1 stays at spot A
5. #2 hits #1 and the process is repeated.

NOTE - Each player shoots 3 shots within 30 seconds before moving in to spot B



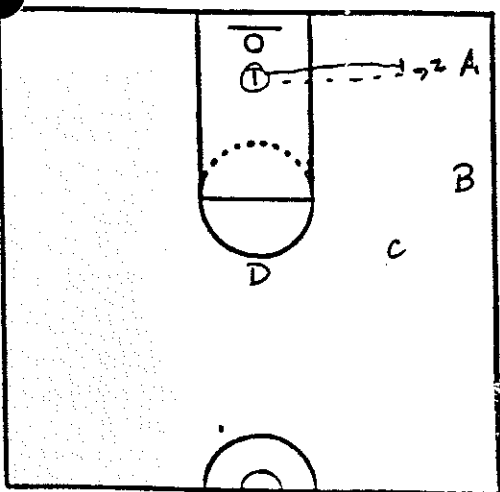
### CLOSEOUT SHOOTING DRILL WITH BALL FAKE

1. Same as closeout shooting drill with one exception:
2. When the shooter receives the pass he shot fakes and takes one dribble past the defender closing out
3. Each player shoots 3 shots within 30 seconds before moving on to next spot



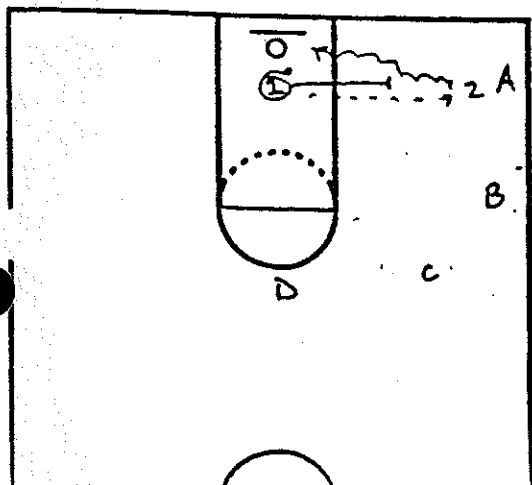
### CLOSEOUT SHOOTING DRILL - ONE ON ONE

1. Player #1 passes to #2 and closes out
  2. #2 gets into triple threat position
  3. When #1 is ready to play D on #2 he touches him on the knee
  4. There is a three dribble limit as #2 takes on #1 one on one.
- Repeat



### CLOSEOUT SHOOTING DRILL OFF THE DRIBBLE

1. #1 passes to #2. #1 closes out only halfway to #2.
2. At this time #2 takes off with dribble directly at the hole. #2 defends #1.
3. After shot is taken the two players switch places and repeat the action
4. 3 shots are taken by each player before they move on to the next spot.



### Princeton Shooting Drill

1. There are two lines. Use three balls.
2. The drill is broken into four - 1 1/2 minute segments.
3. The object is to make a total of 100 shots.
4. On the left are the formations used in the four segments.
5. First player in line #1 passes to line #2.
6. Shooter gets his own rebounds.
7. The two players go to the end of the opposite line.

