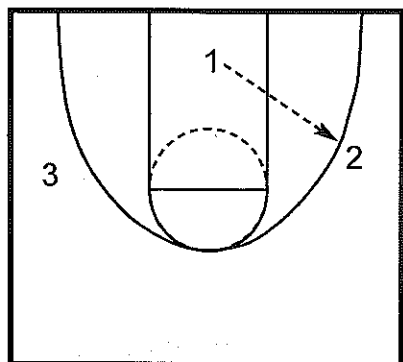
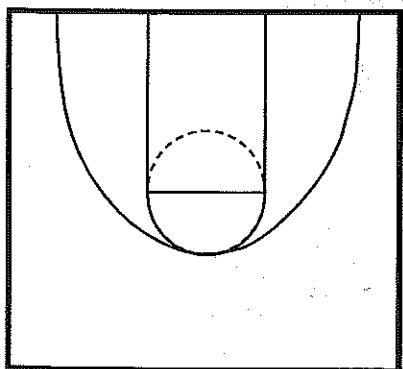
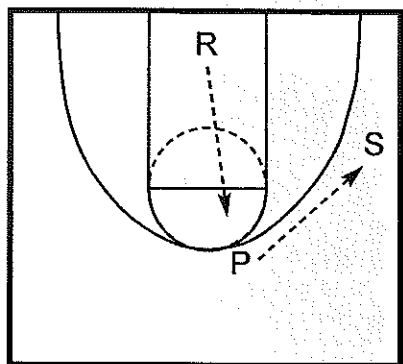


**Pressure Shooting
Drill #2**



**3 Man - 1 Ball
Drill #3**



SHOOTING DRILLS

Drill 1: Shoot Till You Miss or (30 seconds)

Take an area. Shoot until you miss; on miss rebound follow with power - lay up rebounder immediately becomes shooter. (2 players : 1 ball)

Drill 2: Pressure Shooting Drill (2 minutes)

30 seconds @ spot -

1 jump stop at lane line; pass to 2

1 close net on 2; 2 shoots, rebounds, jump stop at lane, pass to 1 (use bounce pass)

End of 30 seconds: change spots

after 90 seconds = Free throws

Free throws at 1-on-1 -- try no rim

variation: use chest pass - play live 1-on-1

use bounce pass - defense 1/2 way. attack off dribble (3 dribbles only)

Drill 3: 3 man - 1 ball

dummy defense - follow shot

1 pass to 2, 1 dummy def. m z; 2 shoots - rebs. and pass to 3; 2 dummy def. m3, 3 shoots - rebounds, pass to 1, etc.

Go for _____ time or make _____. (ex.: 12 no dribble; 12 (1 dribble R) (12 shot fore - then shot)

Drill 4: 2 ball - 3 man drill (time _____)

rebounder, passer, shooter. Same shooter for time frame at spot: rotate after time keep record of # of makes; # of shot attempts.

variation: off pass - for 1 dribble, etc.

Drill 5: Pair-up and make: 12

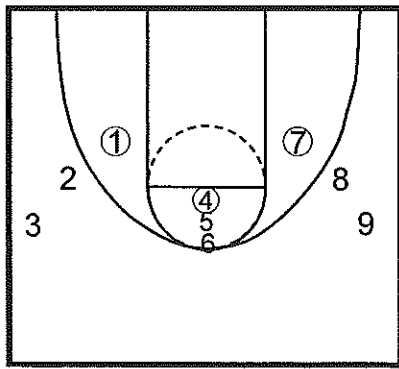
ownes spots on floor

Drill 6: 30 shots - 2 players / 1 ball

10 no dribble, (5 1 dribble R) (5 - 1 dribble L) (-10 off glass) may vary types of shots

Drill 7: Five Ball Drill

(2 minutes - 43) (3 minutes 65)

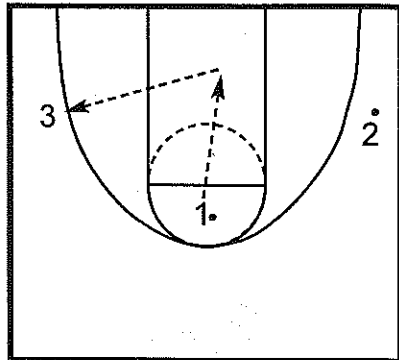


**Quick Spot
Drill #8**

SHOOTING DRILL (CON'T)

Drill 8: Quick Spot

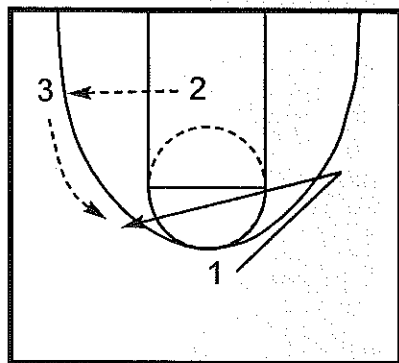
1st group to make 15
follow rebound; pass to next in line
Rotate spots: off pass, off fake, off dribble, off glass



**2/Ball
3 Player**

Drill 9: 2 ball / 3 player movement

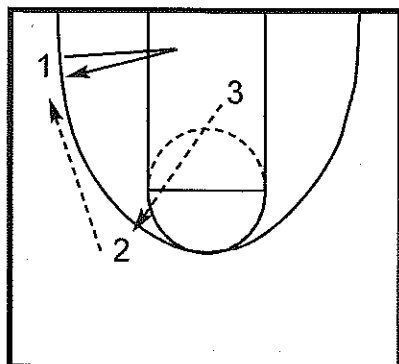
*shoot, get own rebound
*always pass to some player
*move to open spot
1 shoots, rebound, pass to 3
2 shoots, rebounds, pass to 1
3 shoots, rebounds, pass to 2



Shot at Top

Drill 10: 3 player shooting drill

Shot at top: passer at wing, ball at rebounder,
follow direction of pass.
*2 boards to 3; 1 create at lead receive pass from 3
Rotate 2 to 3; 3 to 1; 1 to rebound

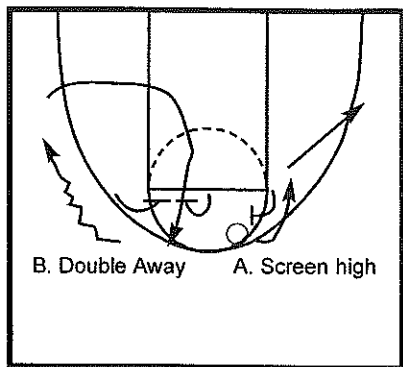


Shot at Baseline

Shot at wing: passer at top of floor
shooter fakes at basket cut; thrust cut to create at lead
*may add show ball fake, drive to basket

Shot at baseline:

pass from wing
1 fake at back cut to create a lead
*show ball - 1 dribble either way



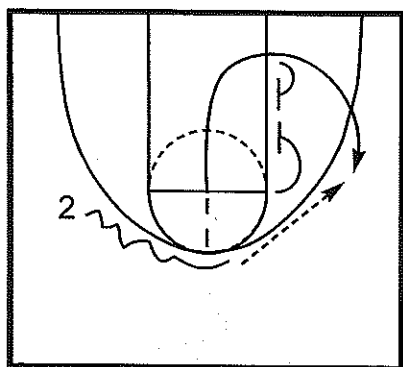
B. Double Away A. Screen high

Shooting the 3 point shot

Screening

A. Screen high, penetrate, pitch

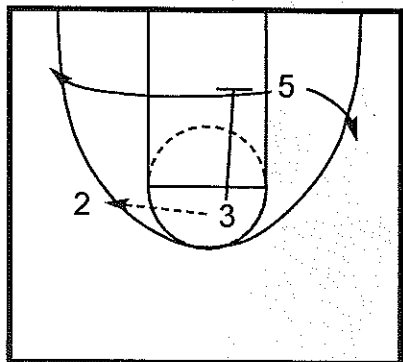
B. Double away



C. Double in along baseline

C. Double screen along baseline

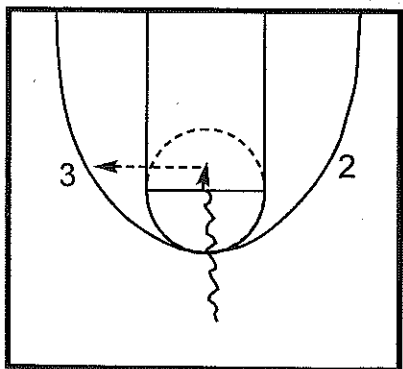
D. Switch counter on down screen



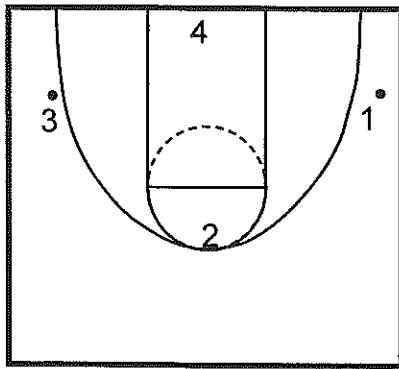
D. Switch Counter

Spot up in transition

great opportunity to shoot 3 when wings spot up outside 3 point line



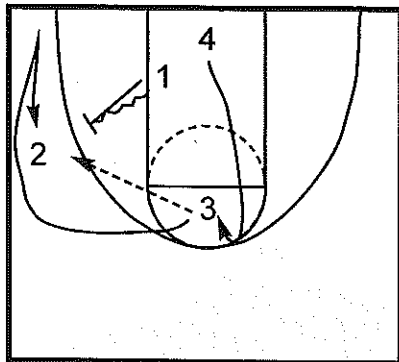
Transition Spot Up



4 Man Shooting

Shooting Drills:

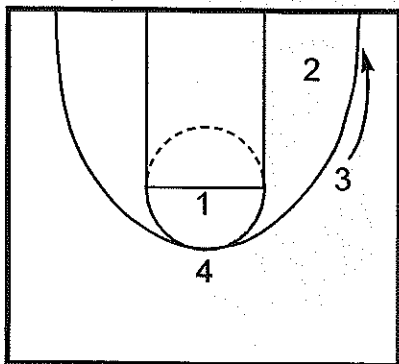
- 1.) 4 man shooting (45 seconds) (2 passers, 1 r, 1 s)
 1 and 3 both have a ball (passers)
 2 designated shooter -- makes a hard V cut to each elbow
 4 rebounder
 Rotate (may add: catch, fake drive)



4 Man Rotation

- 2.) 4 Man Rotation (run 2 -3 minutes)

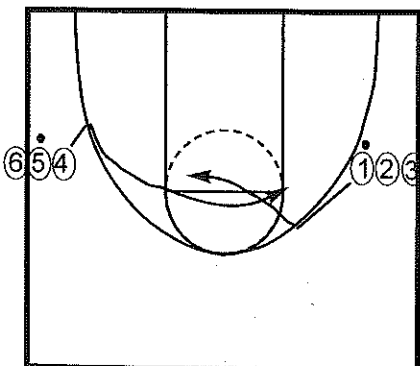
1 defends against shooter (3)
 1 blocks out, release for boards
 1 passes to 4 at free throw line
 4 passes to 3 shooter at wing
 2 defends us 3; 2 blocks out; rebounds
 Change sides; spots on floor



Spot Shooting

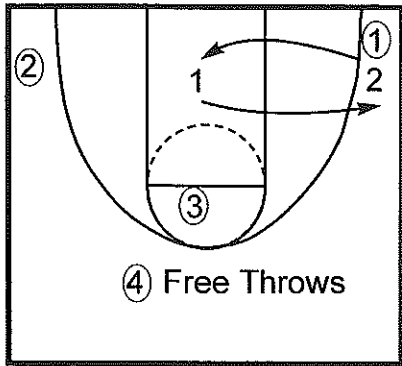
- 3.) Spot Shooting (2 per team)

scoring: Jump shot 1pt. = spot 1
 Jump shot 2pt. = spot 2
 Bank shot 2pts. = spot 3
 3pt attempt 3pts. = spot 4
 (Goal: 70 pts. In 4 sets of 30 seconds)



- 4.) Second Cutter Shooting Drill

1, 5 start with ball; 4 fakes; cuts for ball from 1;
 after pass 1 cuts; receives pass from 5;
 4 rebounds short, to 2; 1 rebs. Pass to 6; continue
 improve footwork; (ball in air / feet in air)



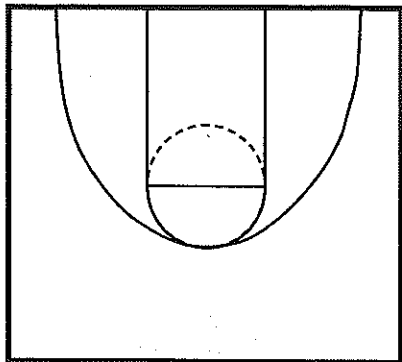
TEAM SHOOTING DRILLS

Drill 1

Pressure Shooting Drill

Shoot till you miss or (30 seconds)

Shooter shoots from an area until she misses, on missed shot follow with power lay-up--rebounder immediately becomes shooter



Drill 2

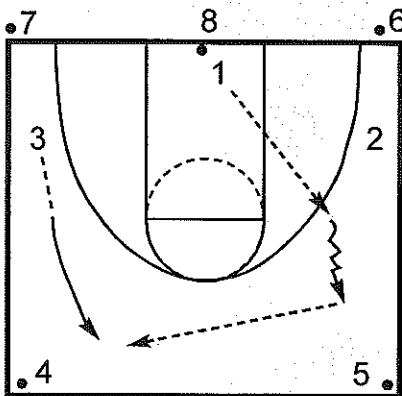
Pressure Shooting Drill (2 minutes)

30 seconds at each spot--end with free throws (no rim)

Sequence: 1 jump stop at lane; pass to 2; 2 shoots rebounds; jump stop pass to 1 count at spot for 30 seconds

Variations: Chest pass, play live to teach one-on-one

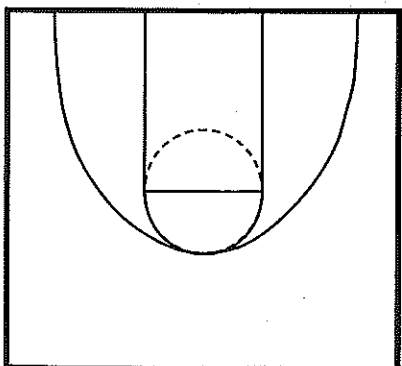
Bounce pass, defense goes 1/2 - attack off dribble (limit 3 dribbles)



Drill 3

Three players one ball

Dummy defense, hands up, close out on shooter; shooter follows shot - pass to non-player - follow pass - play defense make 12 - no dribble; make 12 - one dribble right; make 12 - one dribble left; make 12 - fake, then go



Drill 4

Free Ball Drill (2 minutes - 43-45, 3 minutes 65)

1, 2, 3 go length of floor

3 takes lay-up - gets own rebound out of net, goes back to other end with 4, 5

4, 5 pass to (1, 2) at wing for jumper.

7, 8, 6 go next trip - continue