

To opposite hoop make a (L) layup. Speed dribble back to original Hoop make @ Layup.

Continue with Both Hands Taps on Right Side to 8-last one make it. Turn speed dribble to opposite hoop finish over front of the rim.

Speed Dribble back to original hoop finish over front of the rim.

Both Hand Taps on Left Side to 8- last one make it. Turn speed dribble to opposite hoop finish over front of the rim.

Speed dribble back to original hoop finish over front of the rim.

Partners Go Together- Opposite Hoops

Rest Time 1 minute:

V. **Shooting Suicides-**

Time: 55 secs/ 2 times thru each

Goal Points: 6

Start on end line sprint to foul line- on sprint back partner pass- Layup 1pt

Touch End line sprint to 3pt .Line- on sprint back partner pass for pull up

Jumper-1pt

Touch end line sprint to VB line- on sprint back partner pass for elbow

jumper-1pt

Touch end line sprint to HC line- on sprint back partner pass for 3pt shot.-

1pt

Repeat on Left side before switching partners- Total Shots 8

Rest Time 45 seconds

VI. **Michigan Shooting**

1 minute/2x thru each

Goal: 7 Shots

Start at Right side Elbow, speed dribble to Opposite Elbow Area (full court)

Pull Up Jumper/* All misses put Back In!

Speed Dribble Back to Opposite Elbow Area (full court) - Pull Up Jumper.

As many as you can make in 1 minute- both partners at same time-start at opposite hoops.

Rest Time between sets: 45 seconds

Can Mix up your shots- middle of the key, Step Back, Runner!

Rest Time 1 minute

VI. **Shoot and Defend**

Start at corner of the half court-sprint to elbow take PUJ. Sprint back to same corner and defense slide across court touch sideline. Sprint to elbow for PUJ.

Take 10 PUJ from Elbows-MUST MAKE LAST SHOT (10).. If Miss #10 must keep going until end on a MAKE IT!

Rest Time 45 seconds

VII. **Celtics Pride!**

Points Goal: 5

1. 1st set of Lanes Slides-15 seconds/ 1 Foul Shot. (1pt Make)

2. 2nd set of Lane Slides- 30 seconds /2 Elbow Jumpers (1pt Each Make)

3. 3rd set of Lane Slides-45 seconds/ 1 3pt. Shot (2pt Make)

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“DWWD”

Stationary & Two Ball Handling (10 min)

Partner FT's- Shoot 1 & 1- miss the 1st shooter-10 push up/ Partner- Down & Back ½ Back
Miss 2nd-Shooter 5 push ups/ Partner- Down and Back

“11s”

Must make 11 Mikans regular

Must make 11 Mikans reverse

Must make 11 Layups -Right, Left. Both Partners Go Together -Different Hoops

Partner FT's- Shoot 1 & 1- miss the 1st shooter-10 push ups/ Partner- Down & Back ½ Back
Miss 2nd-Shooter 5 push ups/ Partner- Down and Back

Wolfpack Shooting

Player starts on sideline. Sprints to Elbow for jump shot. Sprints to opposite sideline and back to Elbow for jump shot. Take 8 jumpers.

After jumpers, sprints to sideline attacks hoop for layup. Takes 8 layups.

Immediately after must make a 1 and 1 Foul shot. If do not make must do 4 more layups in 30 seconds.

Partner FT's- Shoot 1 & 1- miss the 1st shooter-10 push ups/ Partner- Down & Back ½ Back
Miss 2nd-Shooter 5 push ups/ Partner- Down and Back

Lafayette Shooting (3, 4, 5)

Start at halfcourt-sprint to 3pt. Line Shot

Always follow shot on miss- Put back in with Weak Hand!

Touch middle of Baseline /Come out Hard around Chair (Elbow area)- Shot

Touch middle of Baseline/Come out Hard around Chair (Elbow area)- Shot

Touch middle of Baseline/Back Pedal to Half Court.

1st time- 3 times thru- 9 shots/ Switch Shooters

2nd time- 4 times thru- 12shots/ Switch Shooters

3rd time- 5 times thru- 15 shots

Mix Up Shots- Catch & Shoot, Step Backs, Pull Up Jumpers, Runners!!!

Partner FT's- Shoot 1 & 1- miss the 1st shooter-10 push ups/ Partner- Down & Back ½ Back
Miss 2nd-Shooter 5 push ups/ Partner- Down and Back

50 CENT

One ball- 2 shooters. Each player shoots a 3 and follows their shot and passes to partner for their 3pt shot. All 3's from behind the arc moving to different spot each time. Each player will take 25-3s. One keep track of makes the other of shots taken.

If no partner shoot sets of 25 with 45 second rest in between.

Partner FT's- Shoot 1 & 1- miss the 1st shooter-10 push ups/ Partner- Down & Back ½ Back
Miss 2nd-Shooter 5 push ups/ Partner- Down and Back.

OB's Perfection Drill

Start at end line- partner pepper passing down and back (No drops-start over)

Full Court Speed Layups-Start on Right Baseline (Must make both layups)

Full Court Speed Layups-Start on Left Baseline (Must make both layups)

Full Court Pull Up Jumpers- Start on Right Baseline (Must make both PUJs)

Full Court Pull Up Jumpers-Start on Left Baseline (Must make both PUJs)

Total-4 FC layups/ 4 FC PUJ

(If individual replace pepper passing with 2 Ball Speed Dribbles-Down & Back

Partner FT's- Shoot 1 & 1- miss the 1st shooter-10 push ups/ Partner- Down & Back ½ Back

Miss 2nd-Shooter 5 push ups/ Partner- Down and Back

Grind it Out or Shooting Circuit (if no partner)

Full Court 1 v 1 with your partner. Game rules-check at halfcourt to start, regular game rules apply. If you score, ball goes to defense -going the other way. Fouls are a point. Keep track of your wins. Get After It! (**Game Time: 5pts/ 8min**)

Shooting Circuit:

Run a Sweet 16 (sideline to sideline): Goal 60 seconds- Shoot for 1 Min inside Arc

Run a Crazy 8 (sideline to sideline): Goal 30 seconds- Shoot for 1 Min inside Arc-Runners/PUJ

Run a Final 4 (sideline to sideline): Goal 15 seconds- Shoot for 1 Min inside Arc

Run a Top 2 (sideline to sideline): Goal 7 seconds-Shoot for 1 Min all 3's.

1 Minute Shooting Sessions are "Mad House" with your partner. 1 Ball

Shoot, follow your shot, snap a good pass to your partner. Continuous

Move without the ball and cannot shoot from same spot twice.

"Sharp & Crisp"- even when you get tired☺

* Shoot 1 & 1-Miss front end-down & back and half & back, Miss 2nd- down & back

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