

SHOOTING DRILLS

(By: LaKale Malone – University of Texas)



There are 6 shooting drills included in this packet. Some of the drills you may want to use with the entire team...some just with your perimeter players.

When developing shooting drills, we like to have the following things occur:

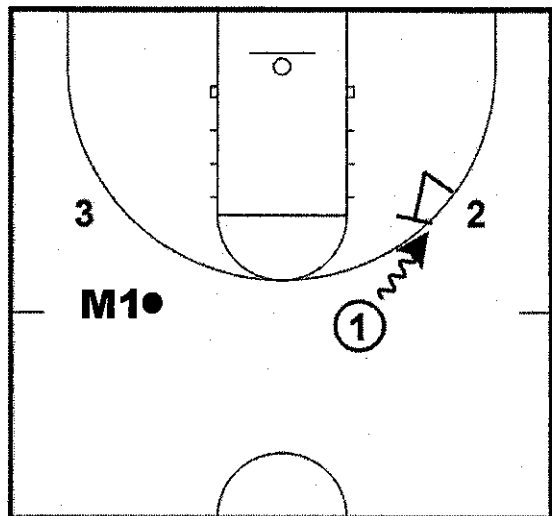
1. Movement before the shot
2. Screening
3. Have more than 1 shooter
4. Catch & Shoot OR shot fake – pullup jumper
5. Rebounding/following their shot
6. Players making the passes...not always the managers



MOTION SHOTS

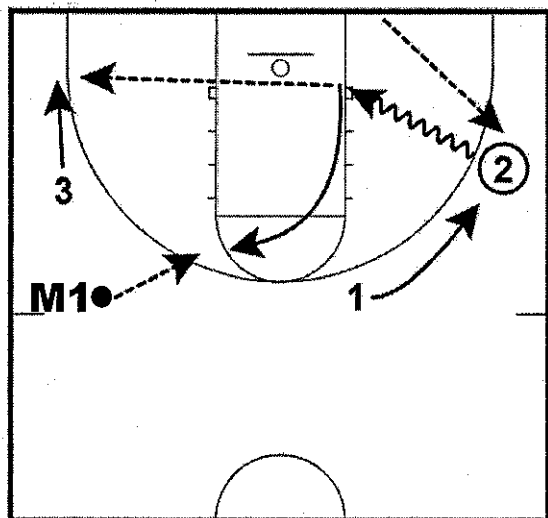


M2●



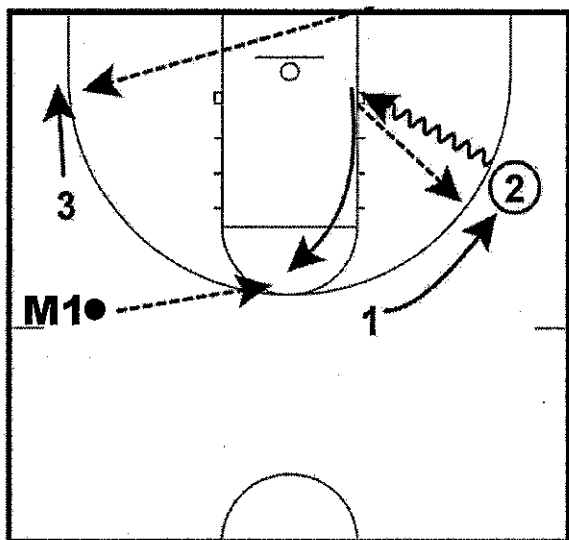
- 2 makes a low-high cut.
- M1 and M2 are managers that pass.

M2●



- 2 drives baseline.
- 1 fills behind the ball.
- 3 drops to corner.
- M1 passes to 2.
- M2 passes to 1.

M2●

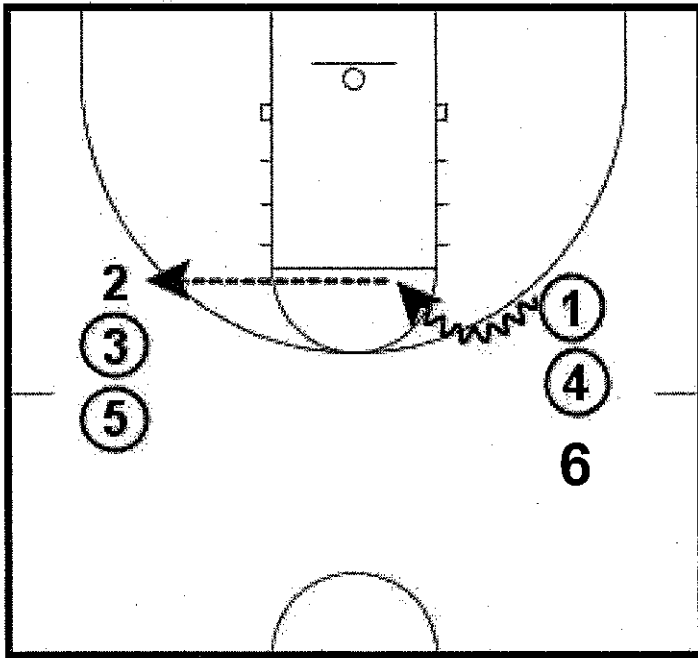


NOTE:

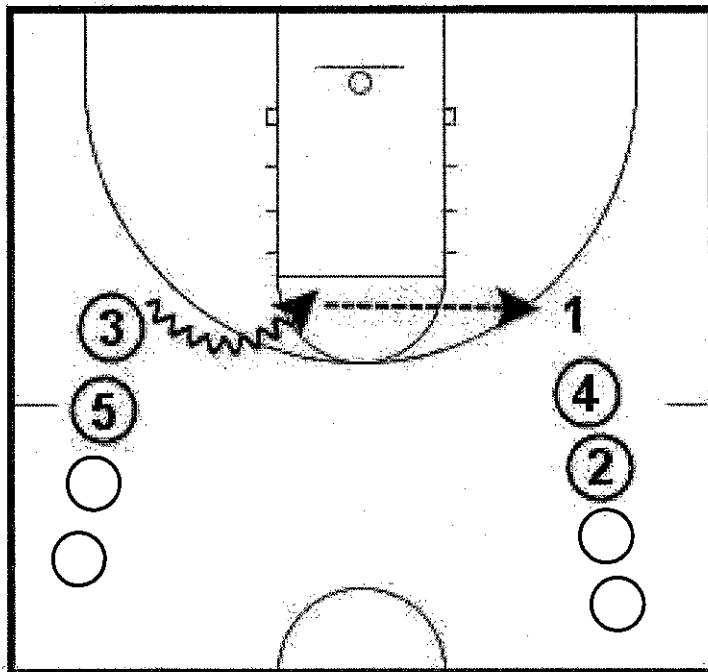
You can change the direction of 2's pass. Managers will pass to other shooter.



SKIP PASS SHOOTING



- 1 penetrates and kicks to 2 for shot.
- 1 goes back to front of original line.
- Shooter gets rebound and goes to opposite line.

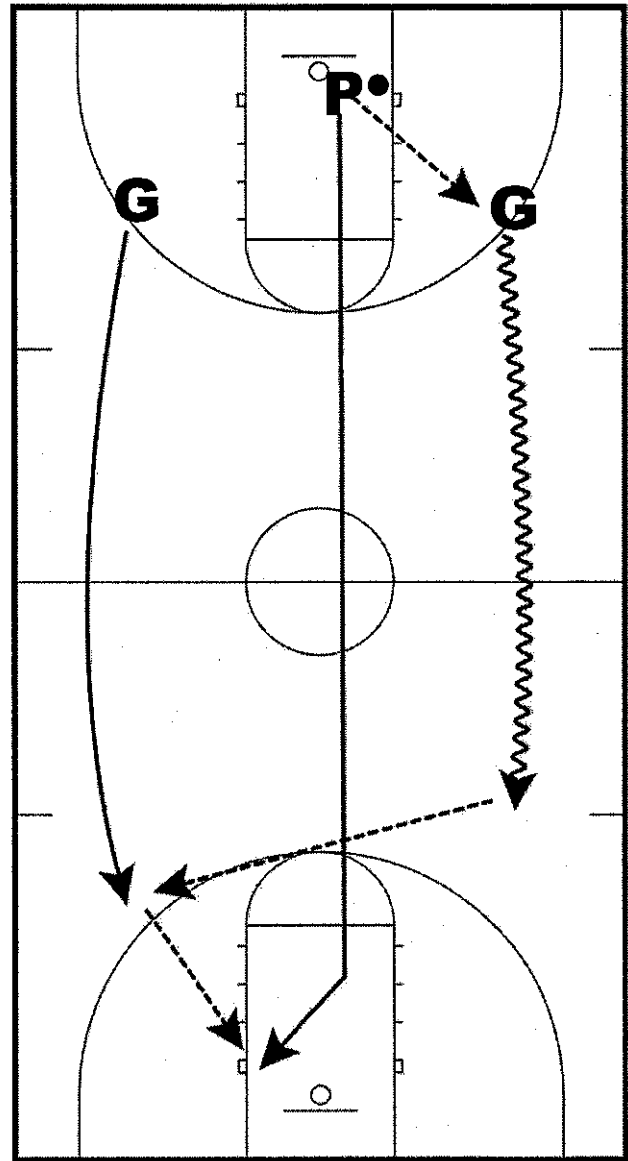
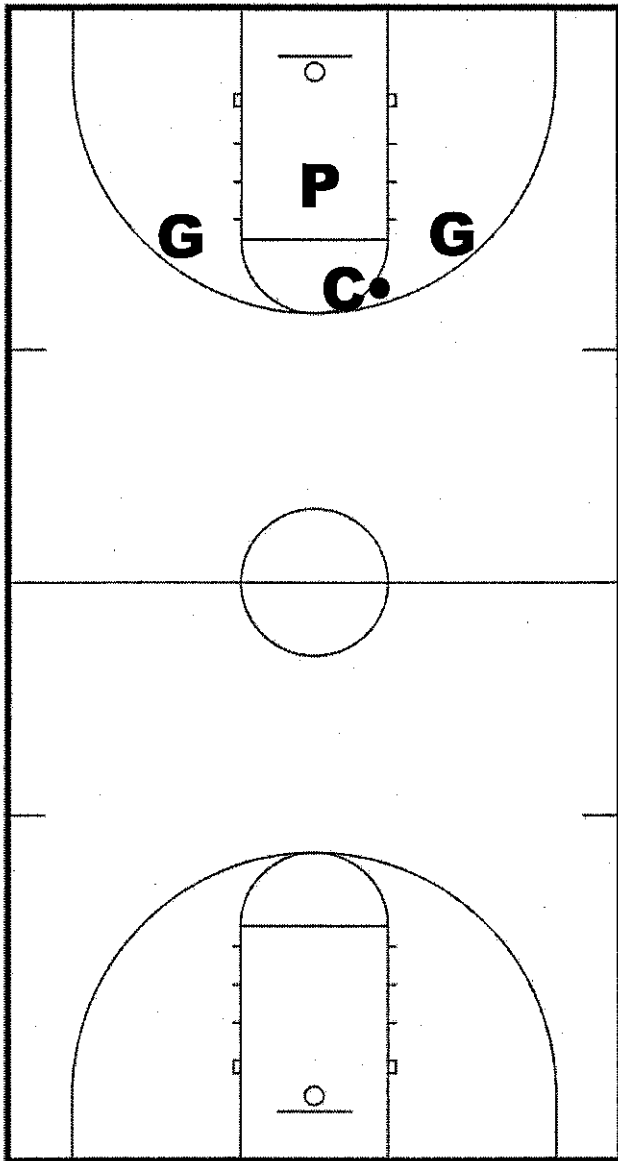


- 3 penetrates and kicks to 1.
- 3 goes back to front of original line.

TEACHING POINTS: Penetrate inward, not across.
Catch the ball low—similar footwork to using a fade screen.



POST FAST BREAK

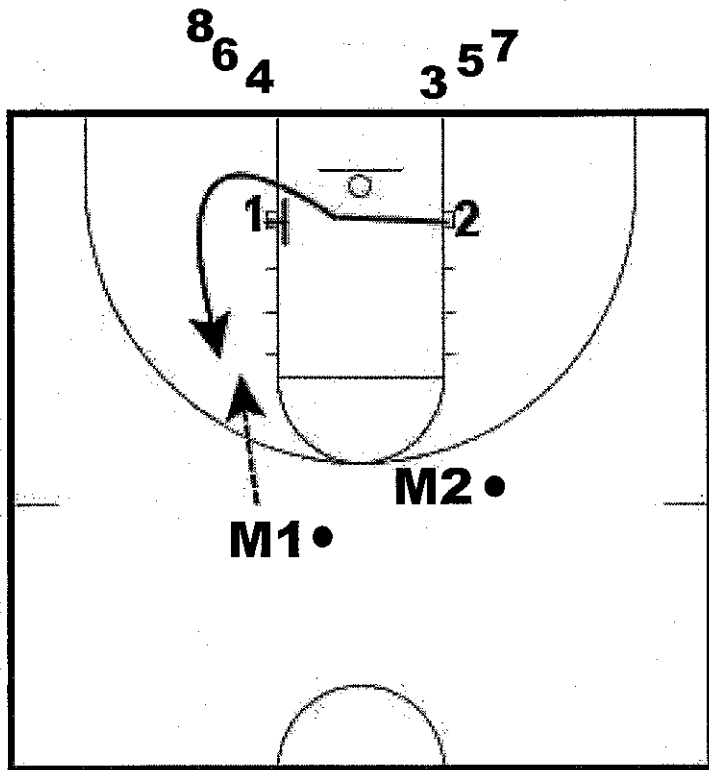


- Coach shoots the ball.
- All players go rebound then run proper lanes in transition.
- Guards must skip pass.
- Post must find the ball and follow it.
- Post scores layup.
- REPEAT the drill coming back.

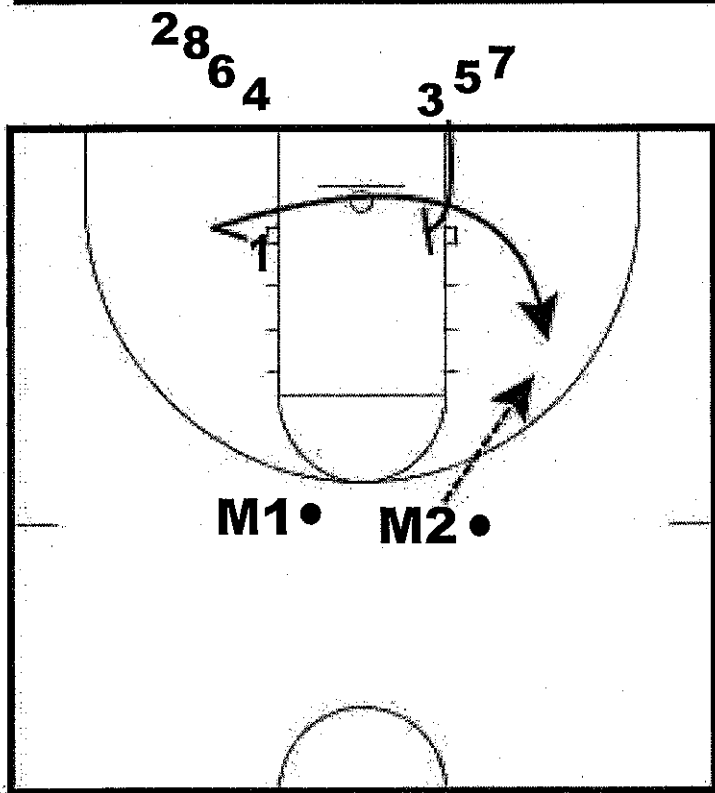
GOAL: 15 seconds



SHOTS OFF SCREENS



Player must set up defender before coming off screen.

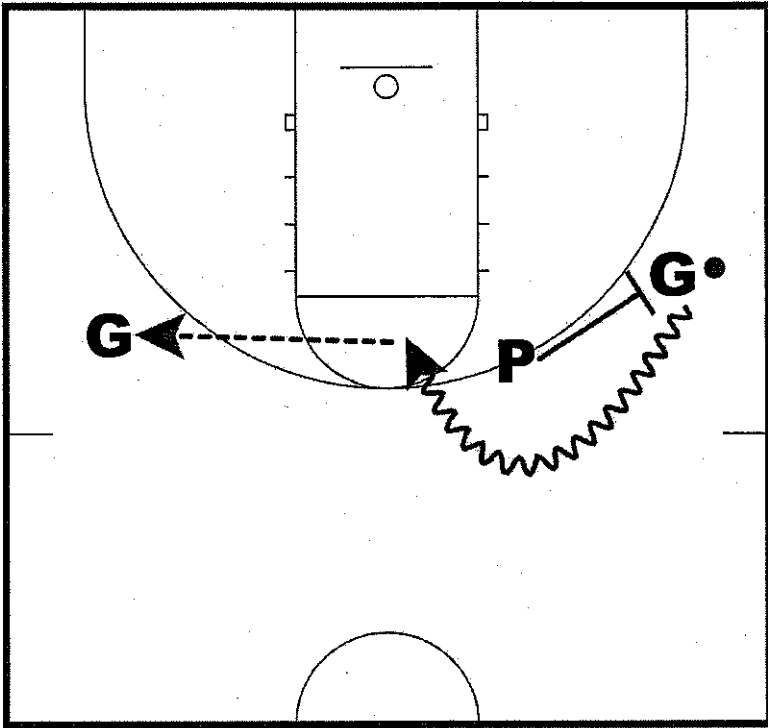


The player that steps in --- always screens first.

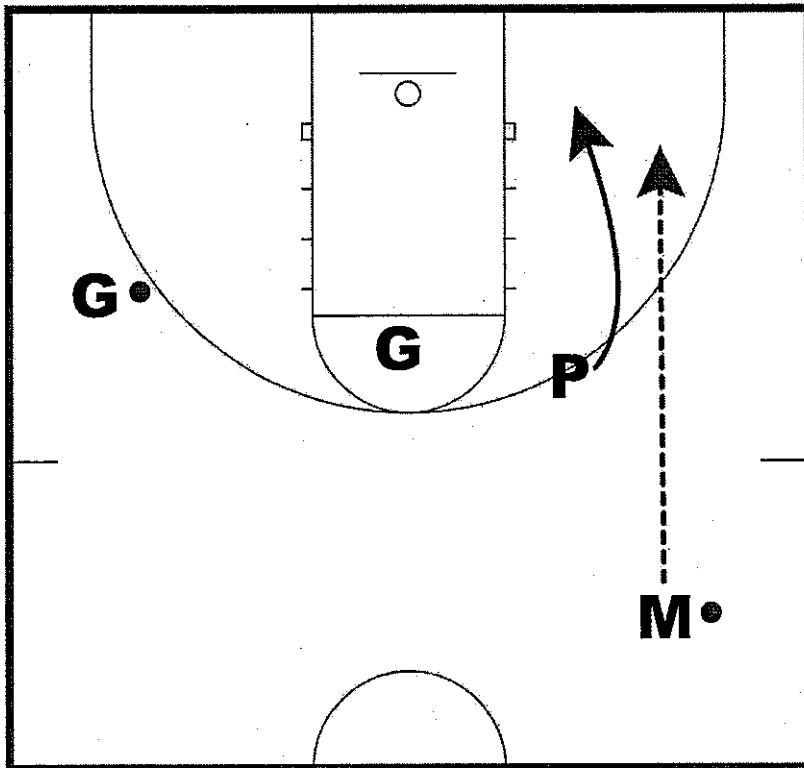
NOTE: You could do this with the entire team. Have your posts make curl cuts or take shots in short corner.



SHOTS OFF BALLSCREENS



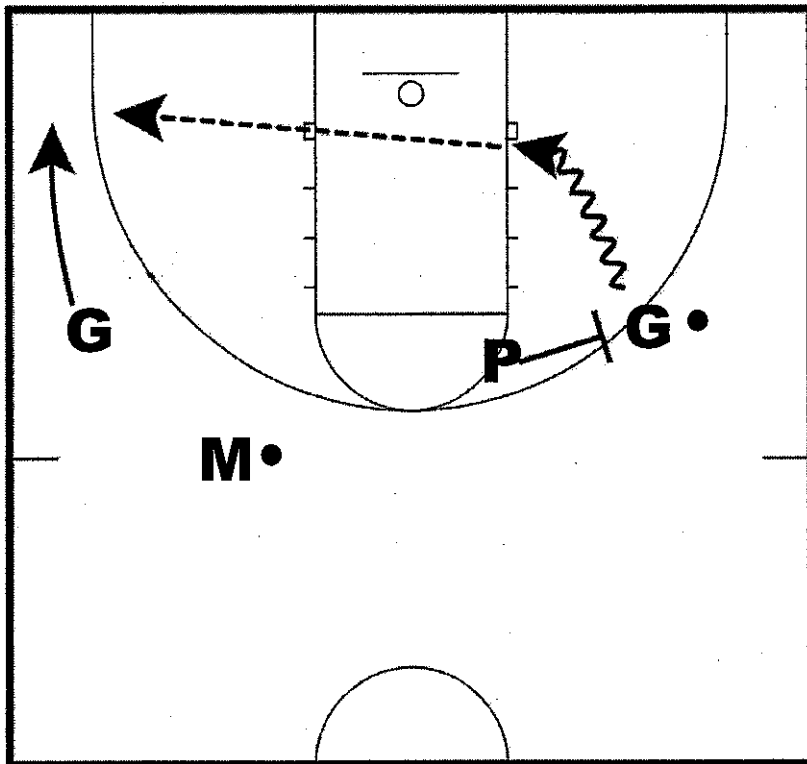
- Post picks and pops.
- Guard penetrates and kicks.



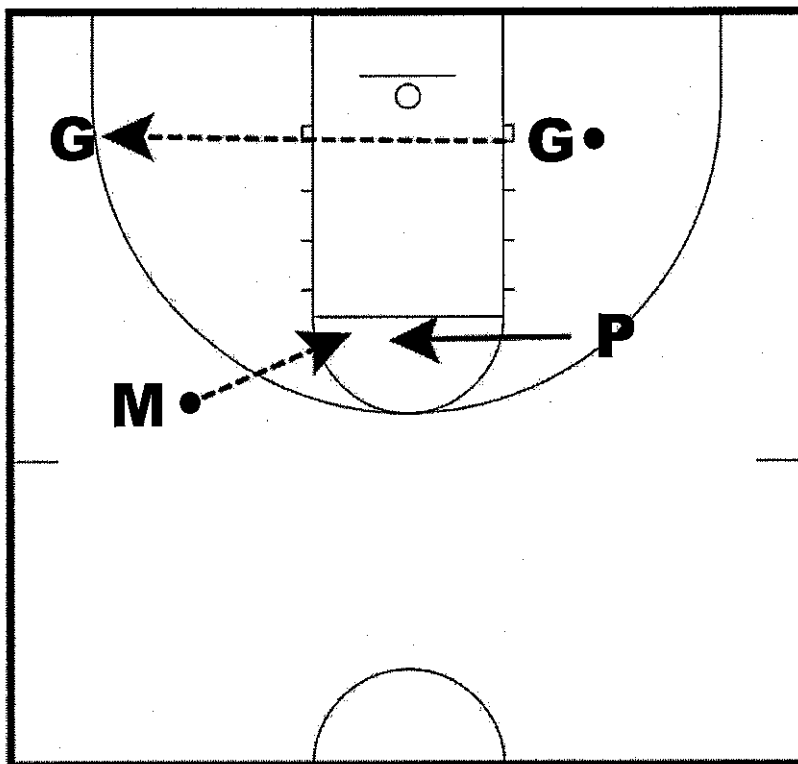
- Manager passes to post.
- Non-shooting guard rebounds.



REFUSING THE BALLSCREEN



Guard refuses the ball screen.



- Post flashes across the lane.
- Opposite guard fills corner.