



"200 SHOTS"

2 MAN SHOOTING DRILL

RULES: Each person will shoot two hundred shots, and every make is worth one (free throws, jump shots, or three-pointers). One person shoots and one person rebounds. The rebounder should count every shot. The entire drill should take 20 minutes for one person to complete.

WARM-UP: Begin close to the hoop with form shooting, just working on the proper way to shoot and doing it the same way every time. Follow it with slide shooting, just sliding back and forth from side to side in a ready-shoot position. Even though you are very close to the hoop, you should be shooting a game jump shot. Gradually slide backwards until you are loose and ready to begin.

SET 1: Shooter moves from elbow to elbow, above the foul line but inside the three-point line, at game speed, and shoots 15 shots. Rebounder counts how many shots he makes. When finished, he shoots two free throws.

SET 2: Shooter goes from the wing to the corner on the right side, back and forth at game speed, at about 17'. Shoot 15; follow with 2 free throws.

SET 3: Same as set 2 on the left side of the court. Follow with 2 free throws

SET 4: 3-pointers from the top on the move. Moving back and forth just like going elbow to elbow, except shooting all 3-pointers. Shoot 15, follow with a one and one (if the shooter misses the first, he does not get a second free throw.

SET 5: Right side 3-pointers, moving wing to corner. Shoot 15, follow with a one and one.

SET 6: Left side 3-pointers, moving wing to corner. Shoot 15, follow with a one and one.

SETS 7-11: 15 standstill 3-pointers from each of 5 spots. Start in one corner; move to the wing, the top of the key, the opposite wing, and the opposite corner. After each set of 15, shoot a one and one.

SET 12: 10 3-pointers from anywhere sliding around the arc. Follow with 3 straight free throws.

- **THE ENTIRE DRILL SHOULD TAKE 20 MINUTES. 130 IS AN ATTAINABLE GOAL AND A GOOD SCORE. 140 IS VERY GOOD, AND 150 IS OUTSTANDING**
 - **THE MOST I HAVE EVER SEEN MADE OUT OF 200 IS 170 BY OUR FRESHMAN SHOOTING GUARD**
- **ADD A PASSER AND AN EXTRA BALL TO COMPLETE THE DRILL QUICKER, OR TO ALTERNATE WITH TWO SHOOTERS**