

Shooting Drills

1. 60-second drill (from Bruiser Flint, UMass)

- Must make three shots in 5 spots in 60 seconds
- Spots = corners, wings, top of key
- Shoot until you make the time

2.

100's Drill (Scoonie Penn, Ohio State)

- Must make 100 three point shots vs. clock
- Time yourself and chart for progression
- Scoonie Penn = 8:04

(Get own Rebounds)

3. Numbered Chair Drill (Charlotte Hornets)

- Setup four chairs equidistant from each other
- Number each chair (1-4)
- Start with footfires in stance in the middle of the chairs
- When a number is called you must slide to the corresponding chair and back to the middle
- Move chairs further to increase intensity

4.

Breakdowns (Mike Hopkins, Cuse)

- Set up chairs on right/left elbow
- Dribble in from halfcourt, breakdown chair inside to out into a lay-up
- Use cross, between legs, behind back, inside out
- Make 5 shots doing each dribble move
- After lay-ups go to jump shots

5. 4 in a row (James Cosgrove)

- Shot preparation - foot fire
- Must make four in a row from 5 spots
- Can either go against someone or against the clock
- Call out how you have made
- Can also have team make 4 in a row vs. each other

6. Shooting 1 on 1 closeouts

- 5 spots - 1 minute at each spot
- Each person calls out how many they have made total
- Good passes and must closeout with a hand to distract the shooter
- Passer must start in the lane/Player keeps track of points
- Coach controls changes with clock and whistle

7.

9 minute shooting

- Spots - Corner to Wing, Elbow to Elbow, Wing to Corner
- Coach controls changes with clock and whistle
- Player keeps track of points
- 2 man or 3 man shooting - one passer, one rebounder, one shooter

* "BOUNCE"

- Split up to 2-3 baskets
- Line players up single file at the specified shooting spot
- Shoot w/in 3 seconds
- Follow shot & pass it back
- Don't let ball hit ground.
- Everytime ball hits ground, your team receives a point (even on a fumbled pass)
- A made basket eliminates 1 pt.
- Only shooter can run down the ball
- encourage diving if need be
- play makes just like a miss → No bounces

8. **10/20 Shooting Game**

- Start at 10 - Must get to 0 and not 20
- Every point made go down 1 - every point missed go up 2
- Can go vs. clock

9. **Beat the Pro**

- Go against your favorite pro "Michael Jordan"
- Every shot you make you get 1
- Every shot you miss the pro gets 2
- Play to 10 points

10.

X out Drill

- Speed and quickness with the ball
- Start at elbow and dribble make a lay up
- Get your own rebound, dribble to the other elbow and proceed to make another lay up
- Continue this pattern for 30 seconds against the clock

11. **Intensity Layups**

- Start at the top of the key or somewhere on the court
- Dribble in and make a lay-up
- Get your own rebound and dribble back to the start and continue pattern for 30 seconds against the clock

12. **7 and Out (Steve Gregory)**

- Can be play with 1 or more people
- You do not want to get 7 points or you lose
- Every time a shot is made there is 1 in the whole
- If 3 shots are made, then 3 is in the whole
- When next person misses that person receives the amount of points in the whole
- Points can accumulate. If you have 3 points and nobody makes for a desired time, you will still have 3 points and then whatever is added after that.

13. **John Calipari Shooting Game**

- 5 spots - Corner, Wing, Top
- You against the clock - 1:30
- You must either make 3 shots or 3 in a row from each spot in 1:30
- When you make from the 1st spot you move to the next spot and so forth.

14. **2 balls/3 closers out (Don Meyer)**

- You have one shooter from a desire spot
- You have the 3 closers out, contest the shooter with flybys.
- You objective is to block the shooters shot
- If you block the shooters shot the shooter will up fake and dribble on next flyby.
- The most shots the shooter will take - should be 10 to 15 shots.

15. **+2, -2 Free shooting**

- Start at 0 - Must get to +2 and not -2
- Every shot you make that hits the rim is 0
- Every shot you make that is a swish is +1
- Every shot you miss is -1

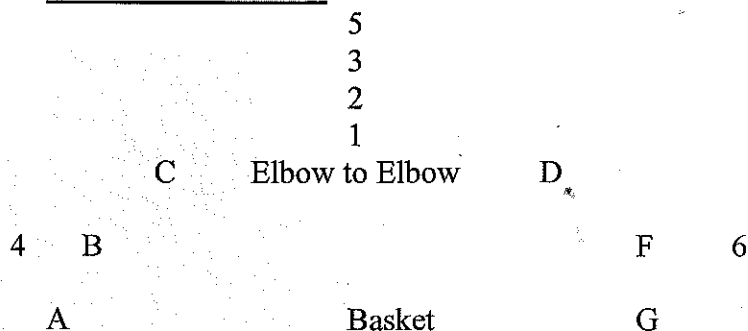
16. **Conditioning shooting**

- Either must start a run or v cut away and comeback catch and shoot
- Must take 10 shots from desired spots

17. **300 Series (Mark Alberts, Northwestern HS, Wooster, OH)**

- 50 shots - Elbow to Elbow (2 sets) (Run the Line)
- 35 shots - 5 shots at each spot A thru G
- Spots are: Corner, wing, Elbow, Top, Elbow, Wing, Corner
- 25 shots - Elbow to Elbow (1Set)
- 35 Shots - 5 Shots at each spot A thru G
- 25 Shots - Elbow to Elbow (1 set)
- 35 Shots - 5 Shots at each spot A thru G
- 30 Shots - 10 shots at Spots 1 thru 3
- Spots 1 thru 3 are: Free throw line, one step back free throw line, and top of key 3 point arc.
- 30 shots - 10 shots at spots 4 thru 6 (3 point arc)
- Spots 4 thru 6 are: 4) Wing, 5) 3 point arc - top 6) Wing
- 35 Shots - 5 shots at each spot A thru G

▪ **300 Series Locations**



18. **1 on 1 Closeouts**

- Learn to catch shoot
- Learn to go by someone
- Play to possession, Spots
- Spots are: Top of the key, Wing, Elbow, and one low post

19. **100 Foul Shots**

- Shoot 5 after each drill

20. **14 Point Drill (James Cosgrove)**

- 1) Shoot it
- 2) Shot fake and shoot it
- 3) Shot fake, one dribble, right, pull up
- 4) Shot fake, one dribble, left, pull up
- 5) Shot fake, one dribble, right, power layup
- 6) Shot fake, one dribble, left, power layup

21. **17 Spots on the Arc 1 on 1**

- Closeout and Play
- 1, 2, 3 Dribbles

22. **12 Spots 1 on 1**
- Two corners, Two wings, One top, Two elbows, Two mid posts, 3 Dribble moves from 1/2 court
23. **1 on 1 on 1**
- Two defenders vs. 1 dribbler
 - Dribbler starts at middle and make a dribble move at the 1st defender (change of pace, crossover, inside out, etc;)
 - Dribbler goes by standing 1st defender
 - Then dribbler plays 1 on 1 vs. the second defender
 - Rotation - 1st defender to dribbler, 2nd defender to 1st defender, dribbler to 2nd defender
 - Play to 7 pts.
24. **Bob Huggins - Game of Horse**
- 2 players going head to head
 - Just like horse
 - But play at faster pace
 - Got 5 seconds to shoot it otherwise you get a letter
25. **Money Game**
- Teams at each elbow
 - # of baskets, # of players, # of Teams
 - 2 teams go against each other
 - When one team wins the move to the next basket and play the loser of that basket
 - Objective: Get to the Money basket and stay there
 - Money Basket is where you score all your points
26. **35 point Game (Don Meyer)**
- 5 spots - 2 wings, 2 corners, one top
 - Points - 3 point shot - 3 pts; shot fake, one dribble pull up - 2 pts. Shot fake, one dribble power layup - 1 pt.
 - Total points - 30 points
 - 5 free throws - Total 35 points
26. **Chase Shooting**
- Can have 2 to 4 shooters at 5 spots - 2 Wings, 2 Corners, 1 Top
 - Each shooter starts at a different spot
 - Someone says go - You must get back to the original spot before anyone else does
 - Yes, some shooters may be shooting from the same spot
27. **BU Layups (James Cosgrove)**
- 3 Basketballs, 3 lines
 - 2 basketballs in the straight dribbling line
 - 1 basketball in the rebounding line
 - Must shoot regular layup, Power layup, and Jump shot
 - Rebounding line must blockout on the jump shot line

28.

Duke 3 Point Shooting

- 5 Minute on Clock
- 165 points on the board
- 5 best shooters on the arc
- They must beat this score

29.

Mid America Nazarene 3 point shooting (Rocky Lamar)

- 5 minutes on the clock
- Everybody on team behind the arc
- Must make 75 3's vs. clock
- Shoot get your own rebound and pass out to open shooter

30. **3 shooters/2 basketballs (Scott Flemming)**

- Shoot from your range
- Shoot get your on rebound and pass out to person waiting and spotting up
- Shooter relocates and awaits next pass
- Competition - Make 5 or 10 - Call out
- Rotate to the next basket

31. **10 in a row can't miss two in row (Don Meyer)**

- Encourage rebound and shoot layups
- The string is never broken until you miss two in a row

32. **Post Players (Don Meyer)**

- 5 in row ball can't hit the ground
- Two post players - one passes the other shoots
- The ball never hits the ground
- Forces the two post players to go after and offensive rebound
- Score all misses

33. **Groom your Shot**

34. **Mimic Shooting - 100 a day (Don Meyer)**

35. **Chair Shooting - Upper body strength**

36. **Mikan Drill - Layups**

37. **Knock Out**

- 5 to 10 people line up
- Two basketballs
- Objective: Eliminate the person in front of you
- Make it continuous

38. **Quick release backboard shooting (Bob Hurley)**

- Shooting from free throw line
- Pick spot on the backboard and shoot it
- As ball hits the backboard, take two steps back and palm to passer
- As ball bounces back step in and shoot again
- Helps with quick release

39.

Short Corner Free Throw (Bob Hurley)

- Shoot all free throws from the short corner (No backboard)

40. V Cut shooting with chairs (Steve Alford)

- Place chair 15 feet from the basket
- Place ball on the chair
- V cut away from chair and come back and grab and shoot
- Get own rebound and place ball back on the chair and repeat drill

41. Skip it/Bust it/Follow it/Shoot it

- One coach on each wing
- One line at each wing
- 1st player in line skips it to opposite coach and follows it and shoots it
- Same thing other side (Alternate Skips)

42. Pass it/Follow it/Bust it/Shoot it

- Ball in corner
- Shooter at half court corner (Sprints to the elbow and looks for the ball from corner)
- Catches and shoots it – Gets his own rebound and passes to the same passer
- The next shooter is already running to receive next pass
- The rebounder follows his pass and become next passer

43. Team Shooting

- Spots – Corner, wing, top
- Teams shoot from the corner – Shooter gets own rebound and dribbles to the elbow and shoots another shot and the passes to the next person
- Wing Shot – Shoots get own rebound and dribbles back to the corner
- Top shot – Shoots get own rebound and dribbles to the wing and shoots glass shot
- First team to ten wins – corner and elbow shot you don't have to make both for it to count/everything is one

44. Shoot in transition vs. defender

- Shooter sprints down to the arc-free throw line extended and cuts in
- Receives pass from coach at the elbow and shoots jumper
- Defender stays in the lane and approaches with closeout and blocks out
- Rotation – shooter goes to defender
- Either on dribble or pass
- Dribble – Catches from coach at the arc and dribbles to shot (Baseline)
- Dribble Middle – Catch and sweep ball through and take it middle

45. Catch and shoot w/Closeout

- Four shooters spotted up in triple threat
- Two rebounders/Two balls
- Two rebounders throw ball and closeout to whomever the feel
- Shooter catches shoots it/Rebounds it/Repeat drill
- Keep take of individual makes
- W/Two dribble pullup

46. Screeener/Shooting

- Passing, Screening, Shooting Lines
- Designate what type of screen and cut
- Passing line always hits the cutter
- Coach standing in open spot always hits the screener/role guy/slipper
- Two balls per group

47. Colby Sawyer Shooting

- Two lines under basket
- Two basketballs – one with 1st guy in line/one with 2nd guy in line
- 1st guy line w/o ball goes across to block and catches from 1st guy with ball
- When he passes he goes around guy who shoots and receives pass from other side
- 1st shooter rebounds and passes back to original line he received pass from
- It becomes a constant motion after that go around, catch and shoot, get own rebound pass back to the line you received from
- When coach blows whistle or we get through all shooters, move back a hash mark

Keys to good shooting

- 1) Technique - Exp. BEEF, 90 - 90 - 60, Hopla
- 2) Repetition - 500 to 1000 a day
- 3) Conditioning - This comes with repetition and hard work
- 4) Hard work - Foot work - Jump rope
- 5) Confidence - You will miss 100% of the shots you don't take, so take them.
- 6) Follow Through – Elbow above the eyebrow
- 7) Feet shoulder width apart, shooting foot slightly in front of other foot, butt down, back straight,
- 8) Alignment – foot, knee, hip, elbow, shoulder, wrist to the rim
- 9) Stationary shooting – foot fire feet – ½ step or jump stop into shot

Types of shooting

- 1) Layups - Consistent
- 2) Dunks - Explosive
- 3) Jumpers - off the dribble
- 4) Jumpers - after a shot fake
- 5) Jumpers - catch and shoot

Shooting Quotes:

“Throw into the shooters strike zone.” -- Mike O'Brien, St. Mary's Head Coach

“Shot preparation is key, you must always have your feet ready and moving to catch and shoot.”
-- James Cosgrove, Endicott College Head Coach

“You're only as open as you want to be when you first catch it.” -- Chuck Daly

Charlie Rose to Reggie Miller - Charlie Rose Show

“Are shooters born or are they made, Reggie?” asked Rose.

“Shooters are definitely made!” said Miller. “You should shoot 500 shots a day.”