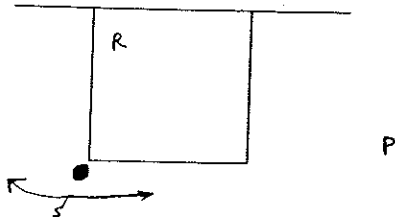


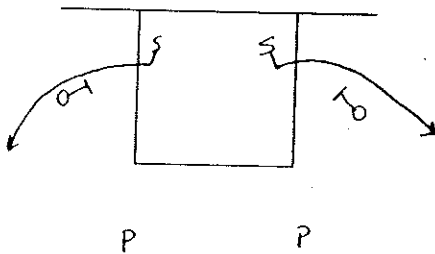
JOHN BEILEIN SHOOTING DRILLS

I. OSCAR



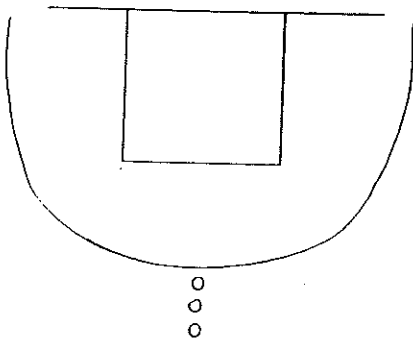
1 Garbage Can 1 rebounder, 1 shooter, 1 passer. Shooter curls, straights, fades.... Trying to make 7 in 30 seconds. Rebounder is working on catching on 2 while passer is cutting to get open and jabbing his man to death.

II. DOWN SCREEN 1,2



Two Passes Shooter gets his own rebounds. Passers remain stationary near the top of the key. This drill was originally 1,2 shooting, but now we have 2 groups at the same end. Shooters can curl, fade or straight. This is a great drill to require they make the fade before they curl.

III. POPEYE SHOOTING

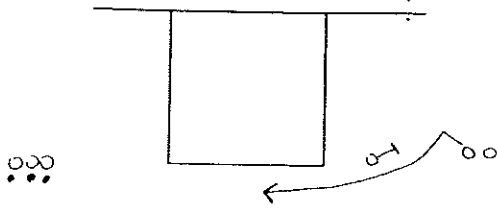


First team to 21, but one person cannot carry the team. Each guy has to make 7.

2 Balls. You must bust out dribble after you get your own rebound.

3 Guys. Shooter must jab step away before receiving the pass. Once an individual makes 7, he strictly rebounds for his teammates.

IV. PRE-GAME SHOOTING

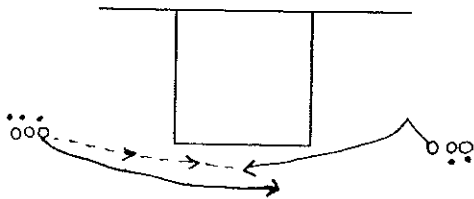


3 Balls. Pre-game shooting. Get own rebound, bust out dribble back to opposite line.

Do it to get 5-3 screens as well

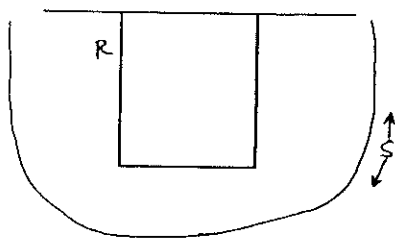
Do sets of curls, fades, straights, ball screens.

V. RANDOLPH MACON SHOOTING



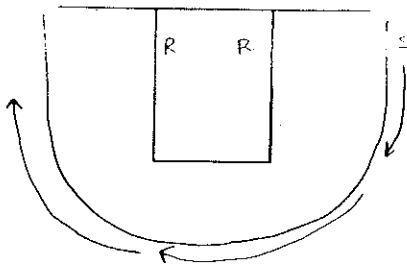
If 6 players, 5 balls. Shooters come from both directions. Whoever doesn't have a ball cuts. Get your own rebound and go opposite.

VI. BRYCE DREW



Shoot nothing but 3s. 1 shooter, 1 ball, 1 rebounder. Make 50 in 5 minutes....or, how long does it take to make 50. Bryce Drew made 100 in 8:30.

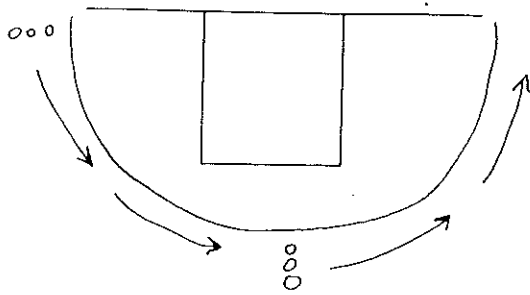
VII. RAPID FIRE



30 secs. - Make 7; 25 secs. - Make 6
10 makes = Pushups for the coach. 2 rebounders, 1 shooter, 2 balls.

Shooting 3s We usually do one set going right and one set going left. When we shoot, step backs, the goal is 6 in 30.

VIII. NEUBAUER SHOOTING



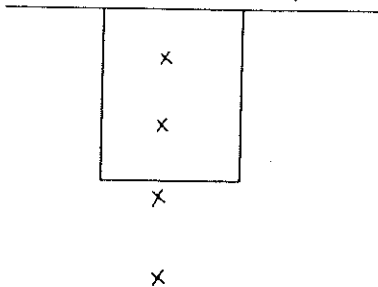
3-Point Shooting

2 balls per team. Shooter gets his own rebound. Each team makes 7 from 3 different spots. First team to 21 wins. Keep your motor running at all times.

IX. FORM SHOOTING

Backboard shooting. 3 o'clock. 9 o'clock. Seams, hold your follow-through, aim for the same spot on the board every time. Work on footwork.

X. SPOT 54



1 ball, 1 rebounder, 1 shooter. Make 5 from 4 spots. Even though you are close to the hoop, shoot your normal jumper. All straight on. You could change it to bankers.

XI. 20's

2 players, 1 ball. Pick one spot or side of the floor. You get your own rebound. First person to make 20. Never stop running. Sprint for loser. Great after practice drill.