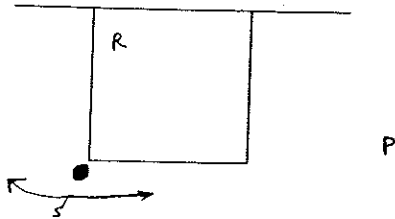


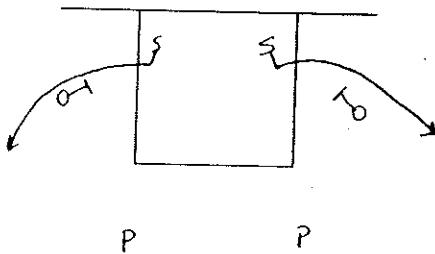
# JOHN BEILEIN SHOOTING DRILLS

## I. OSCAR



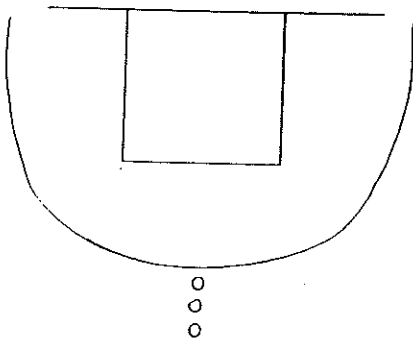
1 Garbage Can 1 rebounder, 1 shooter, 1 passer. Shooter curls, straights, fades.... Trying to make 7 in 30 seconds. Rebounder is working on catching on 2 while passer is cutting to get open and jabbing his man to death.

## 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

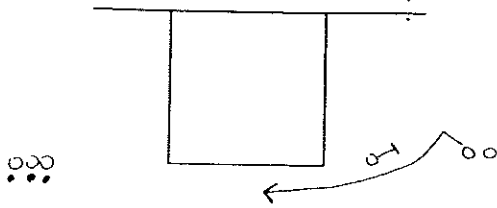


First team to 21, but one person cannot carry the team. Each guy has to make 7.

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

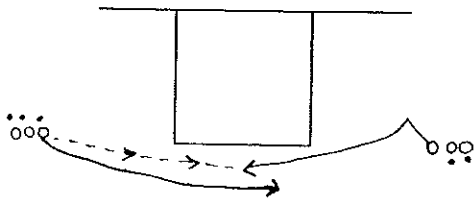


3 Balls. Pre-game shooting. Get own rebound, bust out dribble back to opposite line.

Do it to get 5-3 screens as well

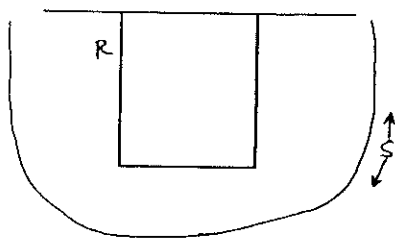
Do sets of curls, fades, straights, ball screens.

V. RANDOLPH MACON SHOOTING



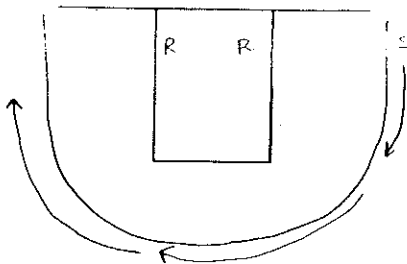
If 6 players, 5 balls. Shooters come from both directions. Whoever doesn't have a ball cuts. Get your own rebound and go opposite.

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.

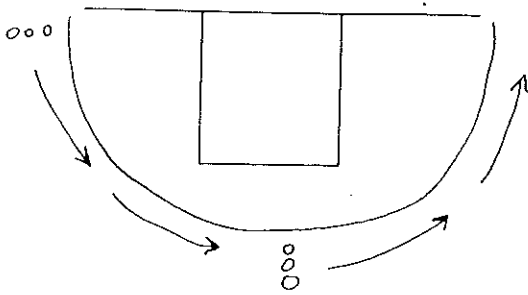
VII. RAPID FIRE



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



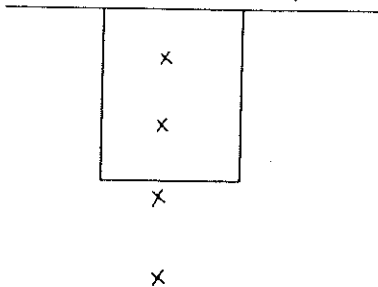
3-Point Shooting

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.