



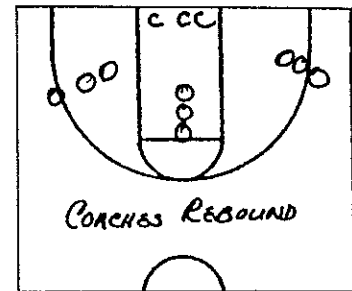
# BISON BASKETBALL

LIPSCOMB UNIVERSITY • NASHVILLE, TENNESSEE

## Drills for Your Shooting Improvement

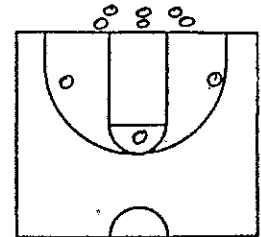
### 1. THREE LINES

- Start in close. You can even groove your shot with one hand.
- Rotate right or left but do not go under the basket. As in all drills:
  1. Keep it straight
  2. Get it up
  3. Hold a high one-second follow-through
  4. Land six inches closer for balance



### 2. THREE LINES WITH A CLOSE OUT

- Same drill as above only we add a defensive close out to pressure the shooter.



### 3. MAKE TEN SHOTS; DON'T MISS TWO IN A ROW

- Make offensive moves taking game shots from game spots at game speeds.
- Encourage younger players to take a lay-up after a miss
- This drill combines rhythm, pressure, and shot selection.

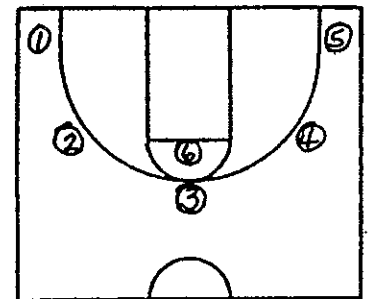
### 4. MAKE FIVE IN A ROW; PUTBACKS COUNT

- This drill is geared to post players. The post player flashes high and shoots a jump shot. As long as the ball never hits the floor, a miss is not counted. You will learn to follow your shot by using this shooting game.

### 5. THIRTY-FIVE POINTS

This drill is a perimeter player drill.

1. Start on spot marked 1. Shoot in the following order:
  - a. Three-point jumpshot (3 points)
  - b. Up fake, one quick dribble and pull up for jumpshot (2 points)
  - c. Shoot fake and drive for layup. (1 point)
  - d. Shoot five free throws to finish the game (1 point each)
2. Goal is to obtain a perfect score of 35. Work on going both ways (left and right) when driving for a shot.



### 6. FIFTY POINTS

- Use half-court and score 50 points. Call out your score on each basket. Work on your individual moves including jump shots, shot fakes, drives, and free throws. This drill is for perimeter and post players.

### 7. TWO BALLS; THREE CLOSERS OUT

- One shooter shoots threes over a defender closing out and jumping to try and block the shot. Players closing out rotate rebounding shots and closing out on the same shooter until the shooter is changed. You can change on a time period, number of shots, or number of makes. Use any three-point spot. If you have a shot blocked, then shot fake (with no foot fake) on the next shot.

