

Shooting Drills



Shoot to Self - Shoot to Wall - Shoot to Partner

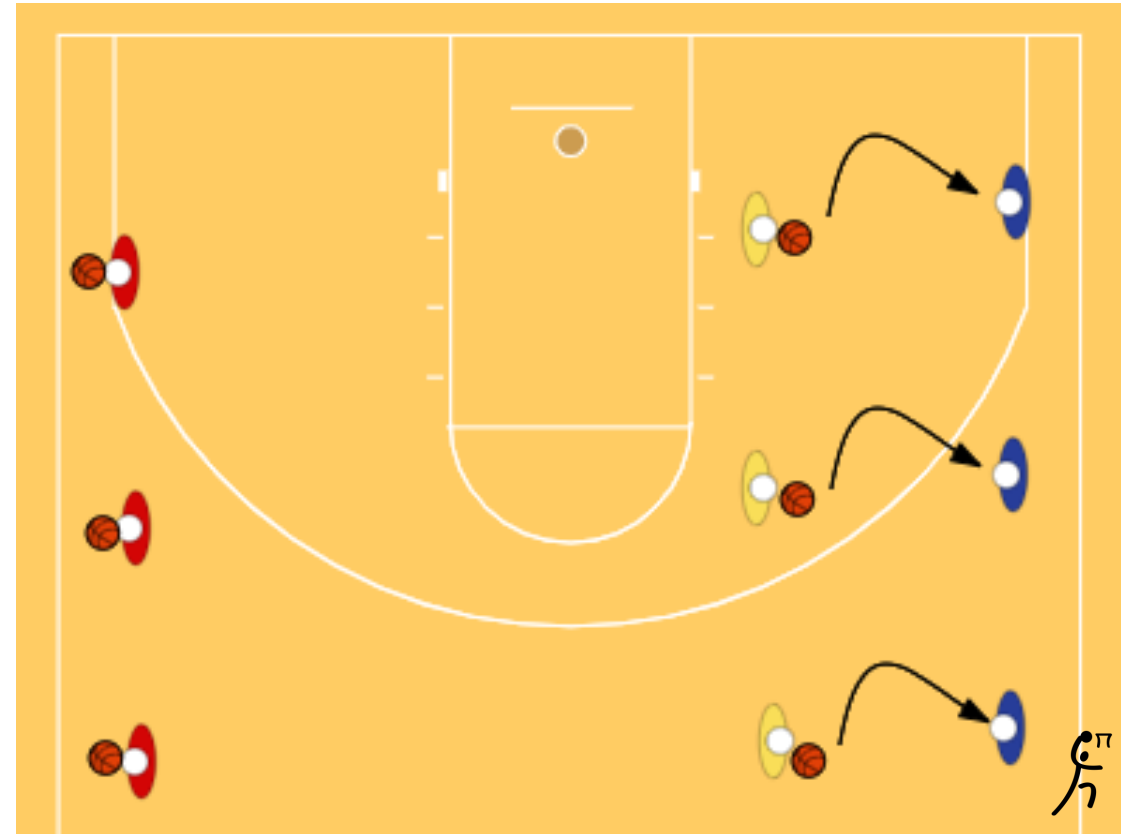
Reps: Three sets of ten shots each to self and wall

Purpose of the drill:

To master the technique of using the whole body from bottom to top in each shot: Start with a balanced stance, then bent knees, then smooth motion up through back, shoulders and shooting arm; finally, let the ball roll off finger pads and follow through with the shooting hand.

Steps:

1. Focus on good form, not on the basket.
2. Place ball in proper shooting position in hands and up to face.
3. Bend legs and then extend them while shooting above head.
4. Knees, elbow, wrist and hand extend in sequence.
5. Follow Through.
6. Shoot ten to self; then shoot ten to wall or partner.
7. Emphasize good form.

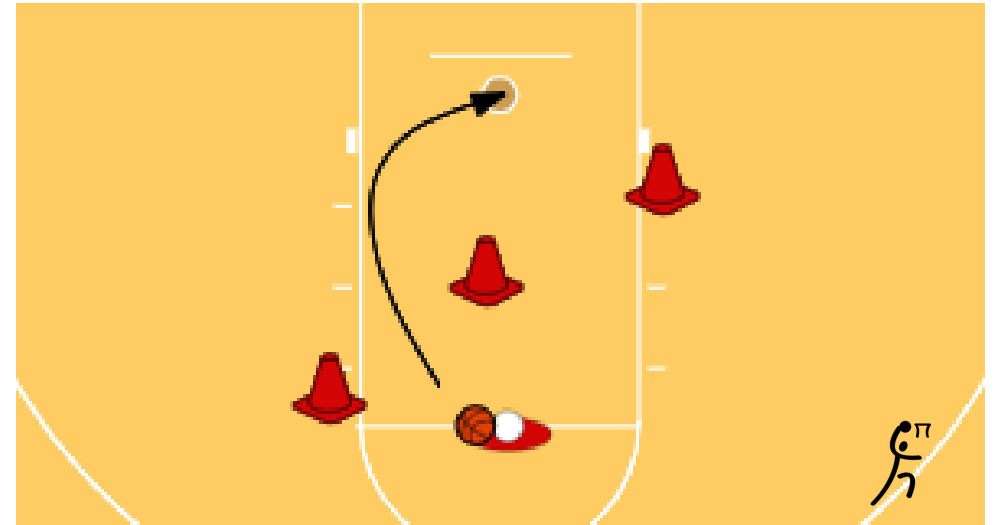


One-Handed Set Shot

Teaching a One-Handed Set Shot

1. Hold the ball in good dribbling position.
2. Bring the ball up to the shooting position. The shooting hand is behind and slightly under the ball; the non-shooting hand is to the side of the ball; thumbs are up and apart from one another.
3. Face the basket and look over the ball, focusing on the target.
4. Keep the shooting-side leg slightly forward.
5. Bend knees; lift elbow and extend shooting arm toward basket.
6. Release the ball by snapping the shooting hand down, rolling the ball off the fingertips to impart lift and backspin to the ball.
7. During this Follow Through, hand and arm form a Gooseneck. Key Words

- High
- See the Basket over the Ball
- Follow Through (Gooseneck)



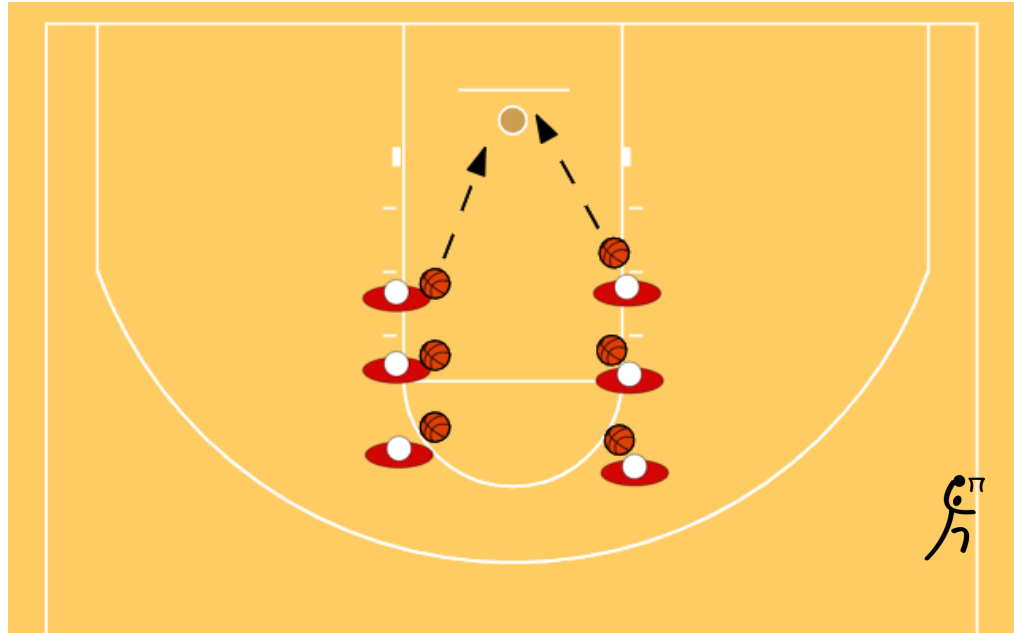
Lay-Up

Teaching a Lay-Up Using the Backboard


1. Face the front of the backboard and stand two steps away and to the right of the rim for a right-handed shooter.
2. Pick the ball up to chest height in proper shooting position.
3. Sight the target over the ball. Focus on the top right corner of the square on backboard for a right-hander.
4. Step forward onto right foot, then left foot.
5. Raise the shooting-side knee as the ball is lifted to the forehead.
6. Extend body toward basket off left foot.
7. Gently lay the ball up against the backboard on the top right corner of the square.
8. Land on both feet under the backboard.

Key Words

- Softly Lay the Ball Up On the Backboard



Coaching Tips

 For lower ability athletes, a step leading to a two-foot takeoff gives more power and body control. Mark the top corners of the square on the backboard with red tape. Left-handed athletes approach the basket on the left side. They start by stepping on the left foot, then the right foot as they raise the left knee and ball, preparing to shoot. Once the motion and shot can be performed, practice approaching the lay-up from a walking dribble, from a running dribble and from receiving a pass.

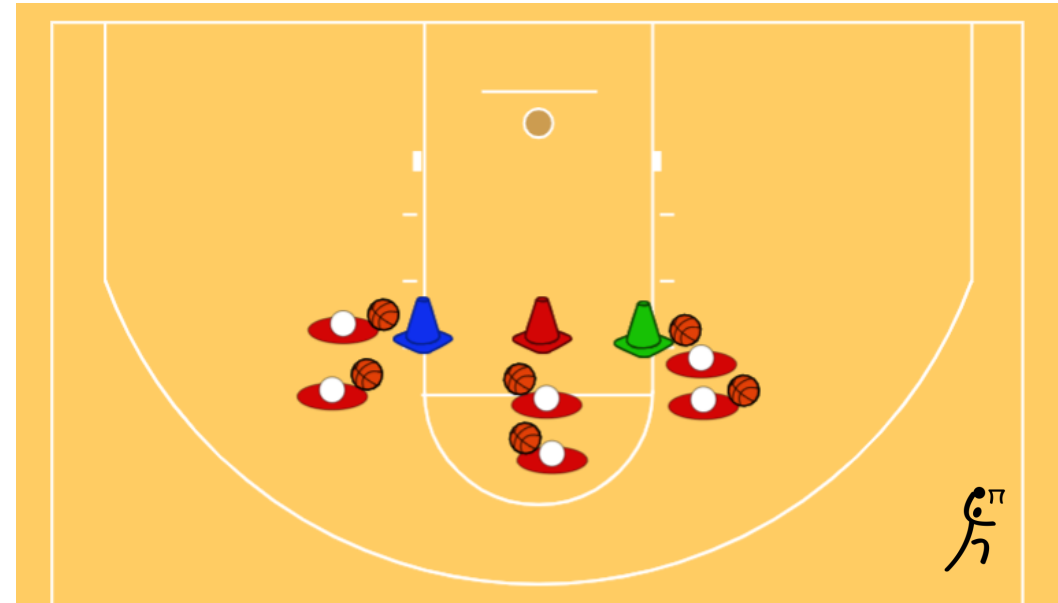
Jump-Shot

Teaching Shooting a Jump Shot

1. Hold the basketball in proper hand position (shooting hand is behind and slightly under the ball, non-shooting hand is on the side of the ball supporting it).
2. Face and focus on the basket.
3. Bend knees slightly.
4. Raise the ball above forehead (shooting-hand side of head) as the legs extend and jump straight up off feet.
5. Release the non-shooting hand from the ball as the ball is shot toward the basket (elbow, wrist and hand extend in rhythmical sequence).
6. Land on the floor and track the ball to the basket.

Key Words

- Bend and Extend
- Reach For Basket



Shoot to Lower Basket Then Regular Basket

Athletes with average to moderate ability – can move to get behind the ball and can catch/pass the ball – are now ready for this drill. As skills improve, the coach increases the demand:

- The coach places the basketball on the floor for the athlete, who picks it up, brings his/her shooting-side leg under the ball, places the ball in front of the face, and shoots.
- The coach bounce passes the ball to the athlete, who takes one step to catch it, brings his/her shooting-side leg under the ball, places the ball in front of the face, and shoots.
- The coach chest passes the ball to the athlete, who takes one step to catch it, brings his/her shooting-side leg under the ball, places the ball in front of the face, and shoots.
- The coach varies passes to the athlete, who takes one step to catch the ball, brings his/her shooting-side leg under the ball, places the ball in front of the face, and shoots.

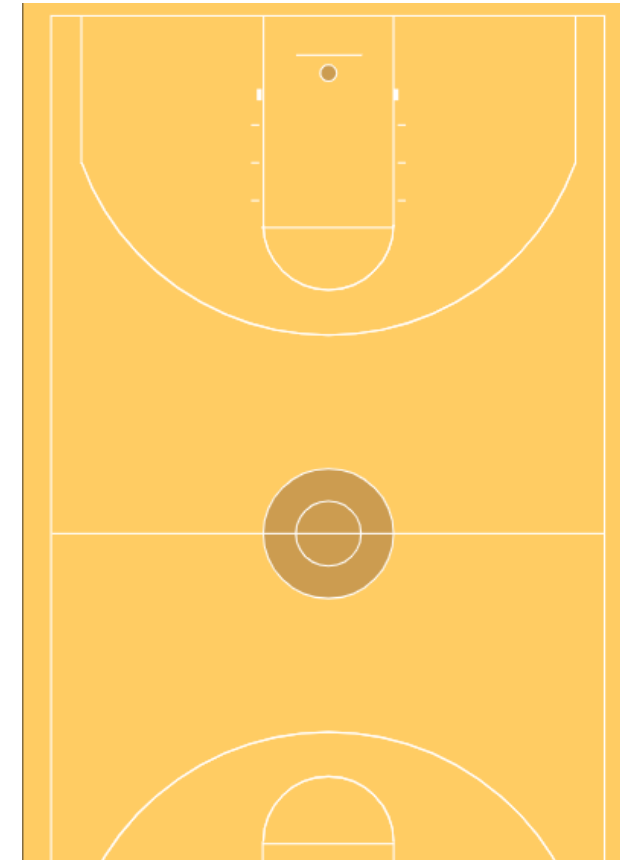
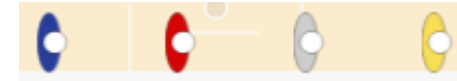
Reps: Four shots per athlete in line; go through the line three times

Purpose:

- Improve shooting technique through repetition
- Improve quickness in shooting

Steps

1. Line up two to four athletes behind one another at the side of the basket.
2. Hand the ball to first shooter, making sure that the athlete receives it in proper hand placement.
3. The athlete brings the ball up to the face and shoots it.
4. Each athlete takes two to three shots, then rotates to the end of the line.
5. While in the line, each athlete holds a pretend ball and mimics the shooter.



Rapid Fire Shooting

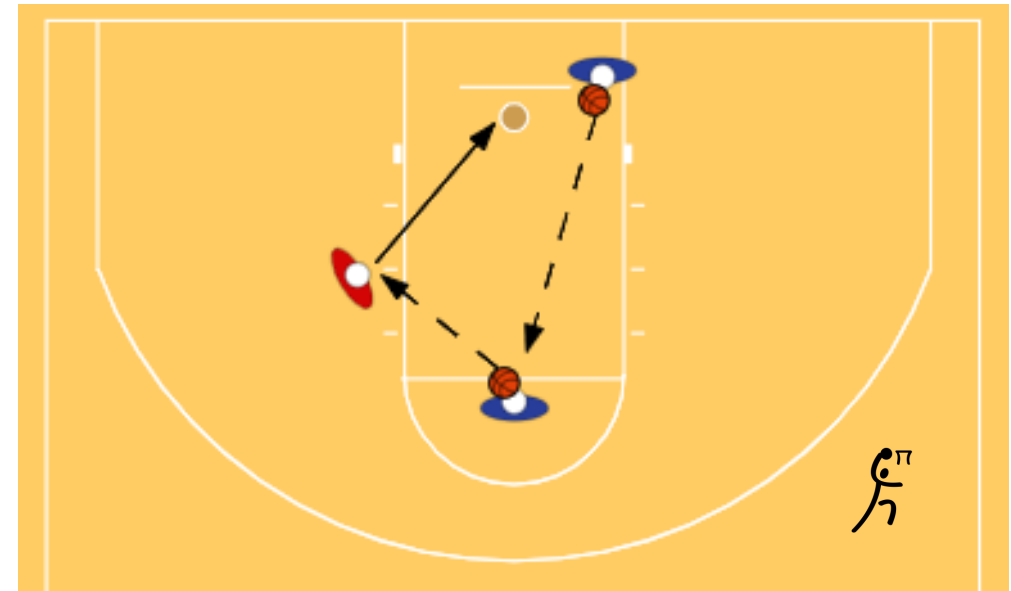
For athletes who can shoot, use the following drills that add more movement. Make sure the shooter turns to face the basket before shooting. On the turn, the ball is brought up to the face into proper shooting position. This drill can be done at any spot. For example, if the athlete shoots from in front of the basket, the passer is at the side. The rebounder is always underneath. In addition, the rebounder does not always have to be a coach; for a team drill, have athletes rotate to all positions; shooter to rebounder to passer to shooter, etc.

Steps:

1. One athlete (the shooter) is within his/her shooting range to the side and 1-2 meters from and facing the basket.
2. Another athlete (the passer) is at the middle of the free-throw line or at the top of the key.
3. Coach, or another athlete, is under the basket with back to basket (the rebounder).
4. The rebounder and the passer each have a basketball.
5. Passer bounce passes ball to the shooter.
6. As soon as the passer passes his/her basketball, the rebounder calls the passer's name and passes to the passer.
7. The shooter shoots, and the rebounder rebounds the shot.
8. Rebounder always rebounds; only the passer passes to the shooter; the shooter continues shooting for 30-45 seconds.
9. After the time period, the athletes rotate to the next position in the triangle.
10. Count how many shots are made, and record individually.

Key Words:

- See the Basket
- Down and Up
- Follow Through (Gooseneck)
- Step and Push
- Pass to the Target
- Bounce Pass



Mini-Basketball: Shooting under Pressure

This is a team-against-the-defender drill. The amount of pressure is geared to the ability of each athlete. A coach or volunteer can do this better than another athlete. Plus, the coach does not want to set up a drill that goes against what he/she is teaching. For example, a teammate would never pass and then defend another teammate. In addition, the coach can change to different shooting positions on the floor.

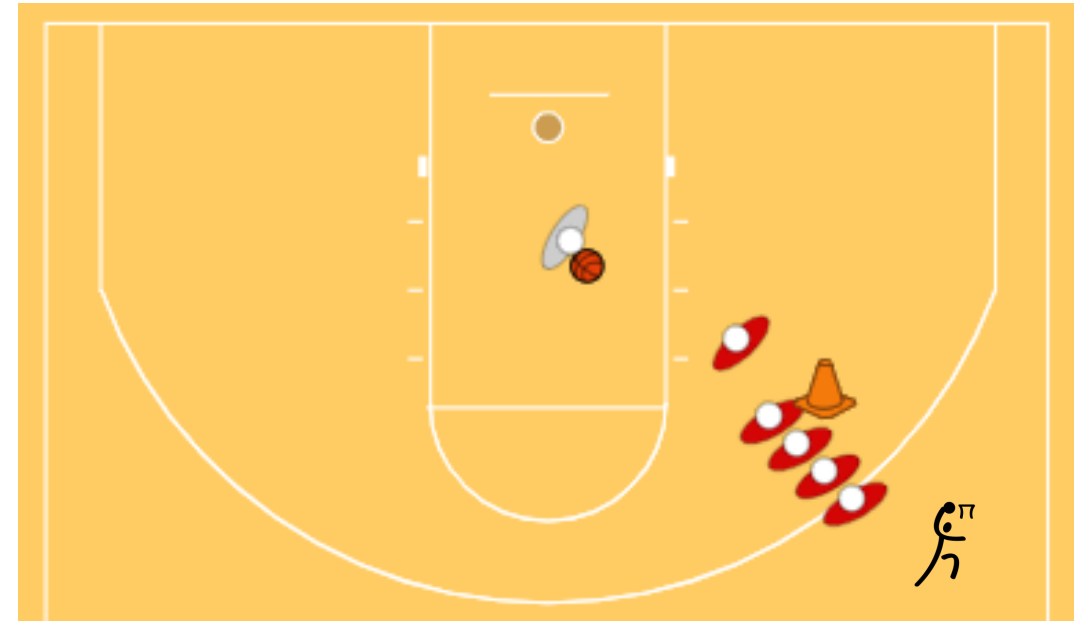
Reps: Three rotations of 60 for each three- to four- person team

Purpose:

Develop confidence in shooting over a defender
Improve quickness in shooting

Steps:

1. Two to three equal ability athletes are at each basket.
2. One athlete is the shooter, who takes a position within shooting range to side and front of the basket.
3. Other athletes line up behind the shooter.
4. Coach is passive defender.
5. The coach starts the drill by bounce passing the ball to the shooter.
6. Shooter steps to receive it, brings shooting side leg under the ball, then brings the ball up to shooting position and shoots the ball over "hands up" type pressure from the coach.
7. Shooter follows for the offensive rebound and shot, then goes to the end of the athletes' line.
8. Coach repeats the drill with each of the other athletes, one at a time.
9. Count how many baskets each team makes in 60 seconds. Repeat drill, trying to improve on team scores.



On Your Back Shooting

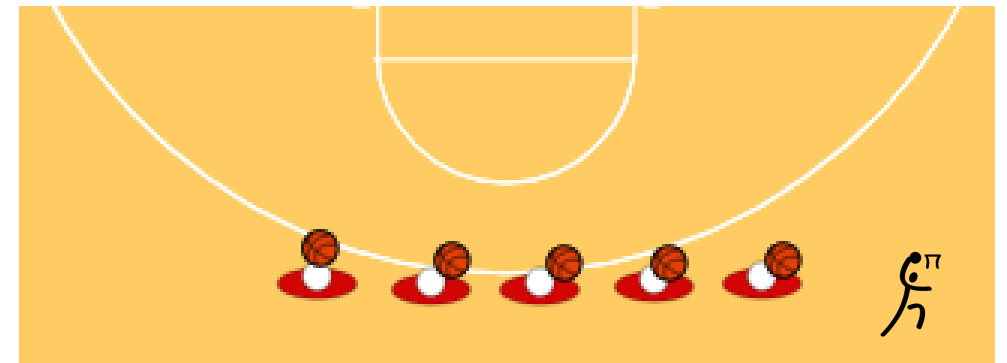
Reps: Two 30-second trials – or time how long it takes to get 5 in a row

Purpose:

- Perfect technique of having shooting hand behind the ball and proper elbow/shoulder alignment
- Work on release over fingertips and follow through
- Practice catching the ball as it returns and getting lined up to shoot again

Steps:

1. Athlete lies on back with the ball above the shooting shoulder.
2. Athlete holds the ball with shooting hand behind the ball and index finger at the midpoint of the ball.
3. Make sure the elbow is lined up between the ball and the shoulder – not sticking out to the side.
4. Athlete shoots the ball straight up in the air with full elbow extension and follow through.
5. The ball should go up and come back directly into athlete's hands so they can catch it and repeat the shot.



Eyes Wide Shut Shooting Drill

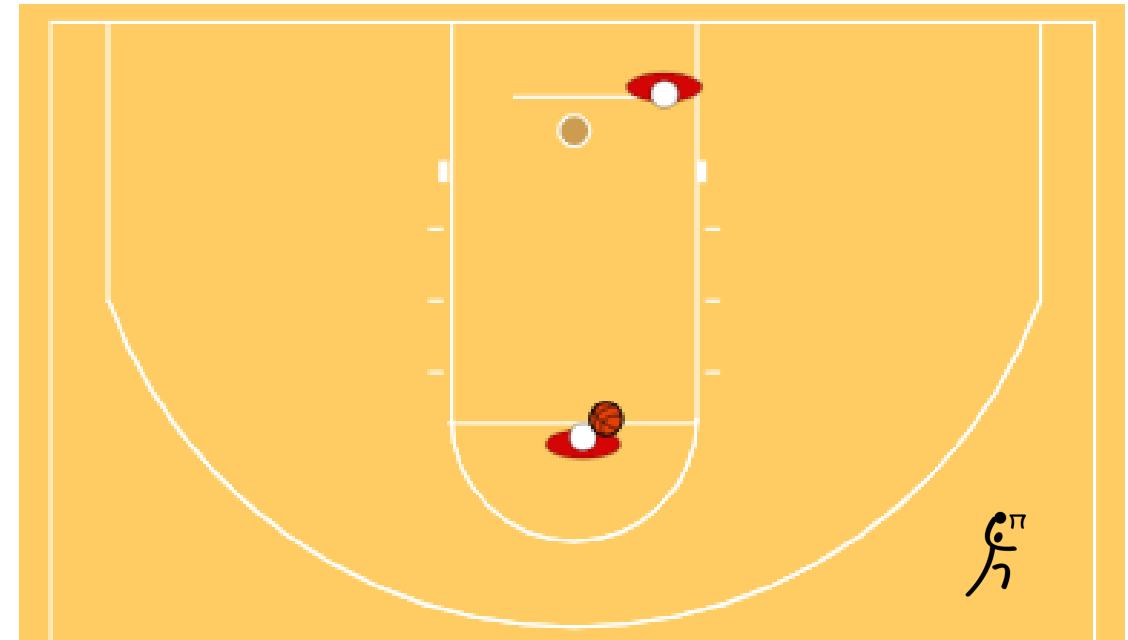
Reps: Two sets of 20 free throws with athletes working in teams of two

Purpose:

- To teach kinesthetic (physical) memory of how to shoot the ball without visual distractions
- Develop the ability to ignore visual distractions while shooting

Steps:

1. Have one athlete be a shooter and a second athlete as the rebounder.
2. The shooting athlete positions himself/herself at the free-throw line and visualizes a successful free throw – then closes his/her eyes.
3. The shooter shoots a basket with eyes closed, attempting to keep proper form and follow through.
4. The rebounder rebounds the ball and tells the shooter what happened, i.e., “You shot too hard or too soft,” “It went to the left,” etc.
5. This is repeated for 20 shots, with the rebounder keeping track of the number of successful attempts.
6. At the end of 20 shots, the athletes switch places and repeat the drill.



One Dribble Lay-ups

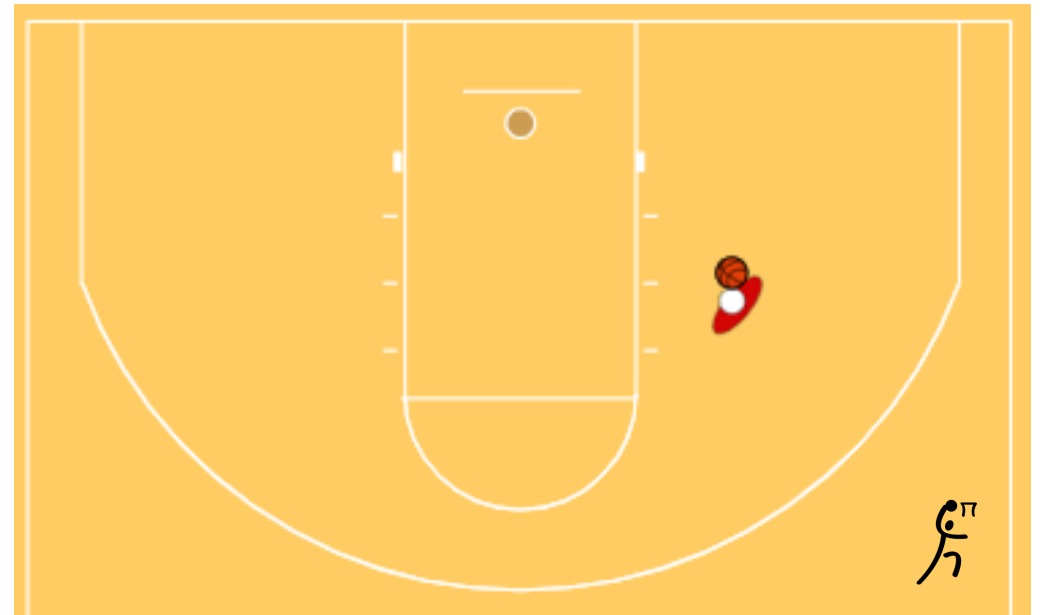
Reps: Two 30-second drills per athlete or until athlete achieves five consecutive lay-ups

Purpose:

- Develop a shot close to the basket
- Practice footwork close to the basket

Steps:

1. Athlete starts in a balanced stance at the middle hash mark on the side of the lane that is athlete's strong side.
2. Strong leg (pivot foot) should be back and weaker leg front.
3. Dribble with the strong hand and take a small step with the weak-side foot.
4. Pick the ball up at about knee height as the strong leg comes forward.
5. Move straight up and through the shot in a strong-hand lay-up, putting the ball high above the box on the backboard.
6. Land in balance and catch the ball either as it comes through the net or as a rebound.
7. Then repeat the drill using the weak side.



Shoot and Move

Reps: Two sets of shooting 20 seconds from each of three positions

Purpose:

- Develop the ability to catch and shoot in one motion with a quick release

Steps:

1. Three players are assigned to each group (or two players and a coach), with a whistle and stopwatch.
2. Establish marks on the floor at 2.5 meters (9 feet), 4.5 meters (15 feet) and behind the 3-point line (cones work well for this).
3. Have one athlete (or coach) with a stopwatch and whistle, one athlete as a rebounder and one athlete as the shooter.
4. The drill starts when the timer blows the whistle.
5. The rebounder starts by passing (chest pass) to the shooter, who is already in shooting position at the 9-foot mark.
6. The rebounder keeps passing balls to the shooter at the 9-foot mark until the timer blows the whistle (at 20 seconds).
7. The shooter moves back to the 15-foot mark and continues shooting until the next whistle (20 seconds again).
8. Finally, the shooter moves behind the 3-point line and continues shooting until the final whistle (20 seconds).
9. Rebounder keeps track of successful baskets.
10. Athletes switch places and repeat the drill.

