

Shooting and Skill Development Drills

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Shooting and Skill Development Drills - Contents (cont.)

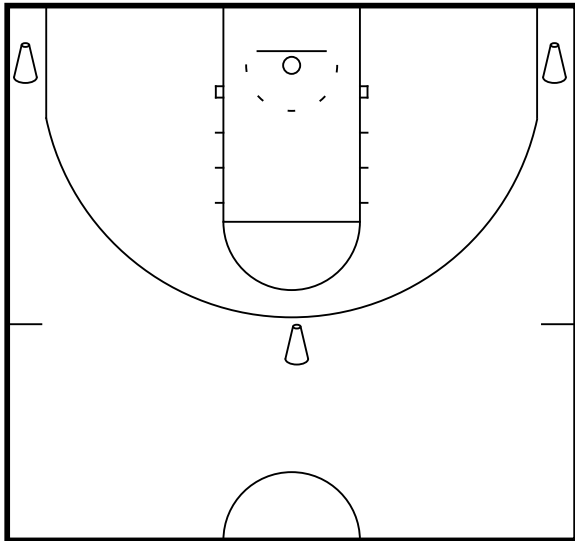
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Shooting and Skill Development Drills

Individual Drills

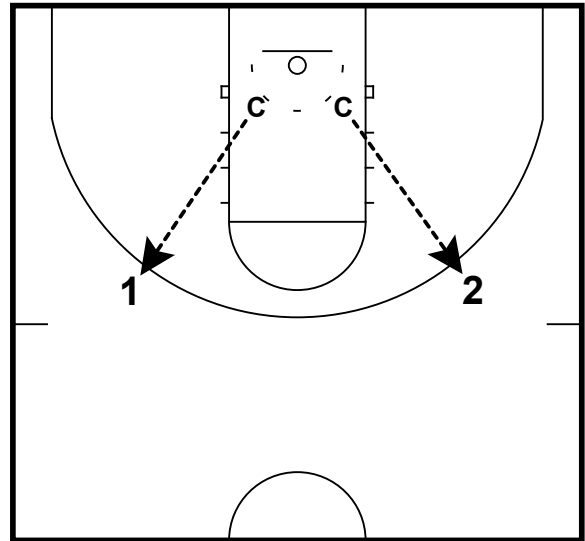
100's Shooting Drill



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

You can start at any spot on the court where there is a cone

1:30 shooting 14 Makes
NBA Shooting



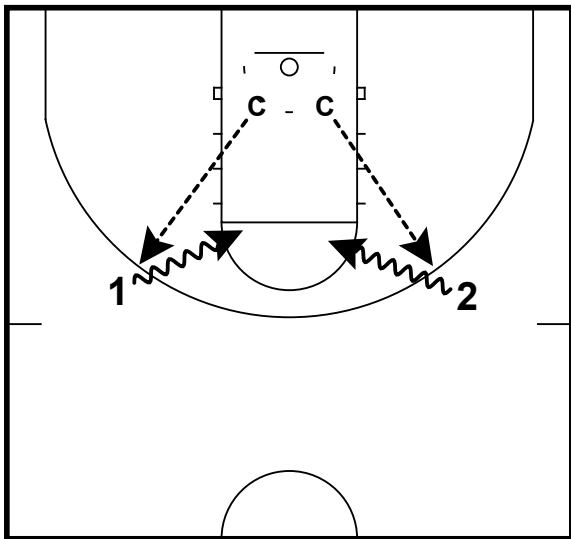
The coaches pass to the shooters and they must shoot a three point shot you can do this solo or with a partner as well

14 made 3s by 1:30

Shooting and Skill Development Drills

Individual Drills

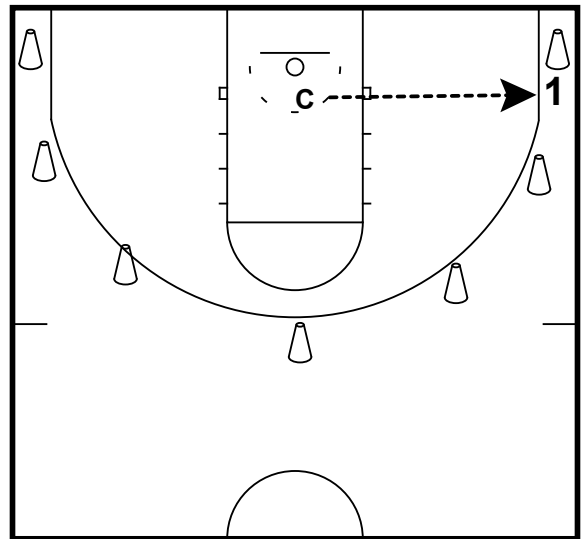
1:30 shooting 14 Makes
NBA Shooting



The coaches will rebound and pass back to the shooters. The shooters must shoot a pull up jumper You can do this with a partner or solo

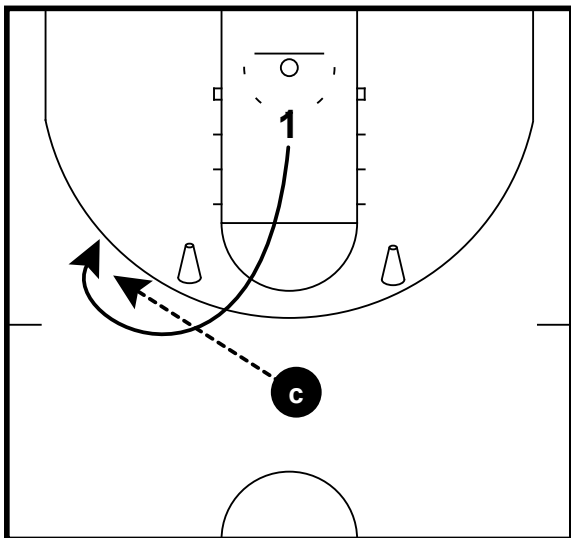
14 2s by 1:30

1:30 shooting 14 Makes
NBA Shooting



The shooter starts in the corner. The shooter must make two in a row to move to the next spot. The shooter shoots from 7 spots going for 14 makes in 1:30 minutes.

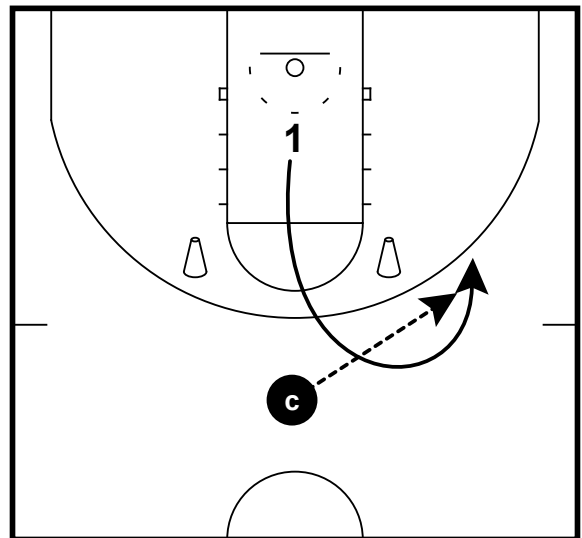
2 Cone Shooting



Start under goal
Sprint around cone for a 3 pt shot
Set of 10

Can do this solo or with a partner
Keep chart of all your makes

2 Cone Shooting



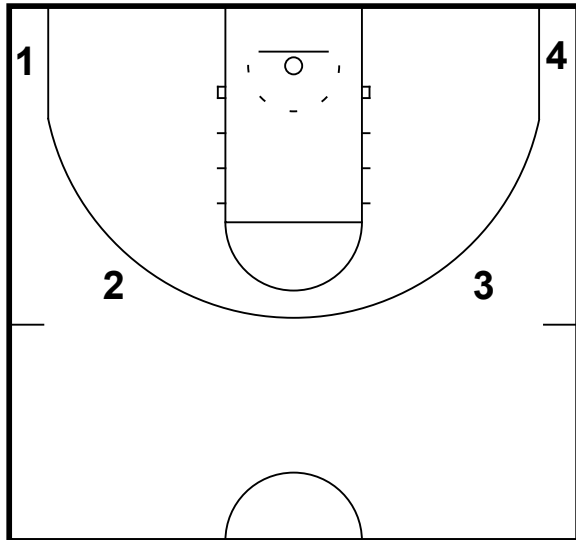
Player starts under goal and sprints around cone for 3 point shot
-10x

Credit : Kevin Stallings

Shooting and Skill Development Drills

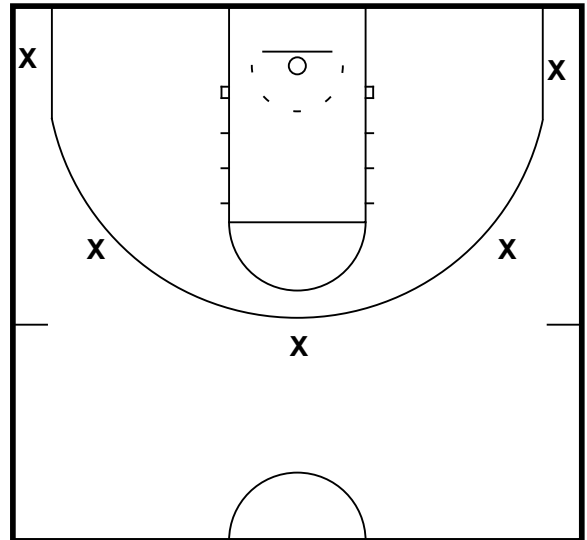
Individual Drills

2 Min Shooting



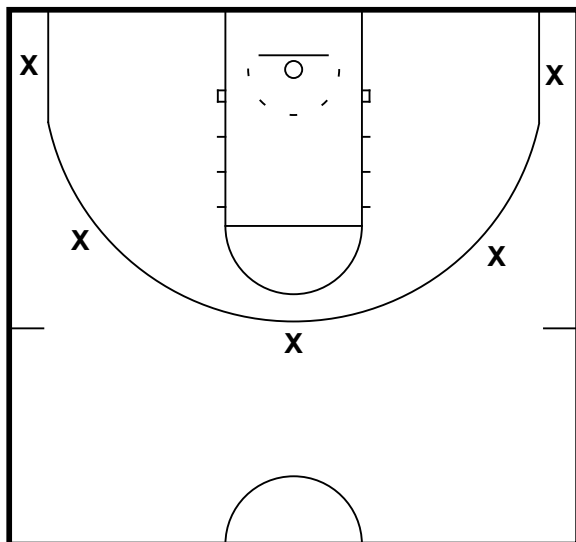
Make 2 in a row to move on

2 minute 3 minute shooting



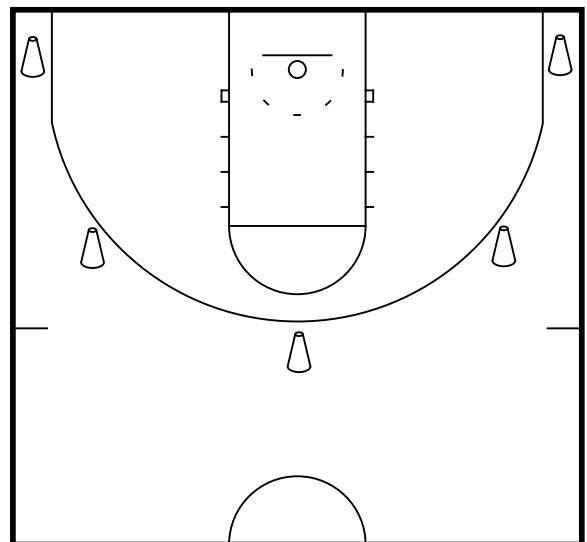
Make 25 shots in 2 minutes
5 spots if you would like
Spot up 3's

2 minute 3 minute shooting



Can start anywhere on the court
Make 100 points in 3 minutes
34 Makes of 3's
One player, partners, or team

3-2-1

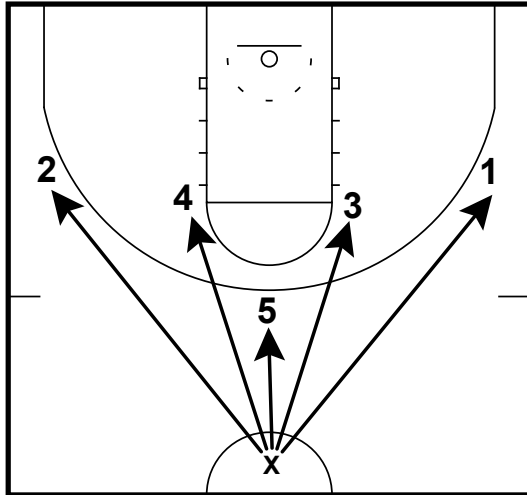


From all five cones, the Player will shoot a three point shot, pullup two point shot, then a layup worth one point.
For the pullup and layup, you could use a shot fake or catch and go.
The maximum points that a player can earn is 30 points.
The player must start in the corner

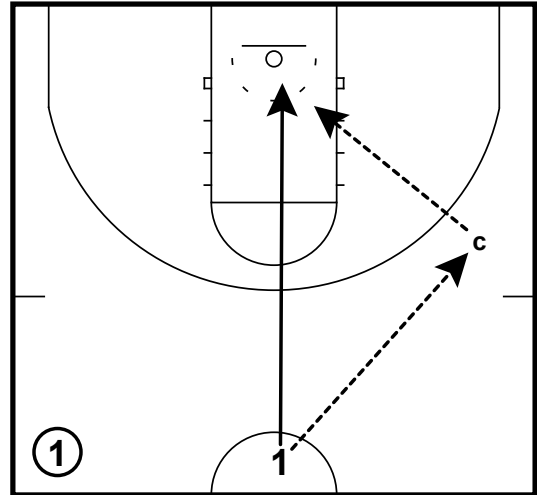
Shooting and Skill Development Drills

Individual Drills

5 shot drill
Kevin Stallings



5 spot shooting



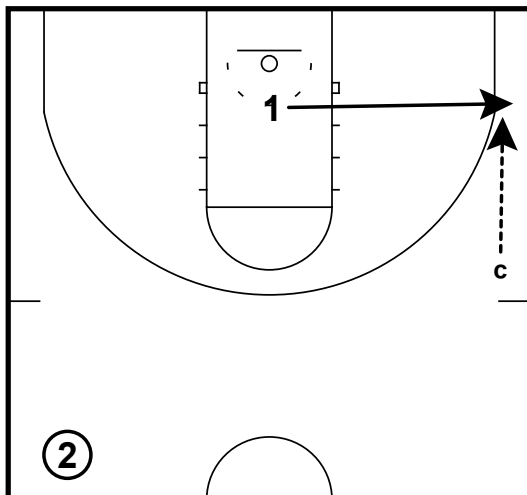
Player begins drill on home base (X). The shooter must return to home base after each shot.

He will take 5 shots in the following order:

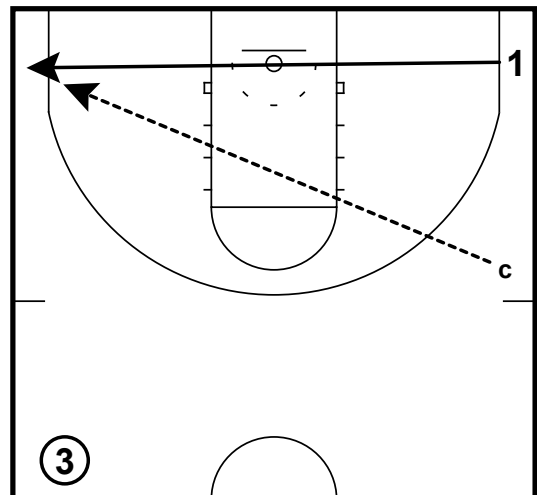
- right wing
- left wing
- right elbow
- left elbow
- 3 straight ahead
- 3 sets
- 15 total shots

1 Shot is a layup

5 spot shooting



5 spot shooting



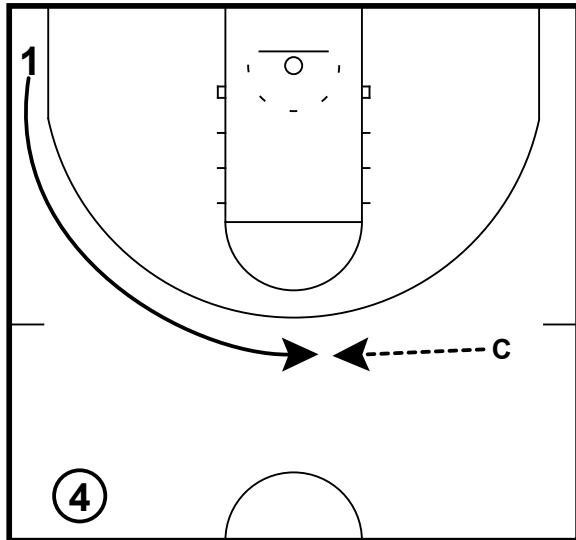
Cuts to the corner for a 3

Sprint cross baseline

Shooting and Skill Development Drills

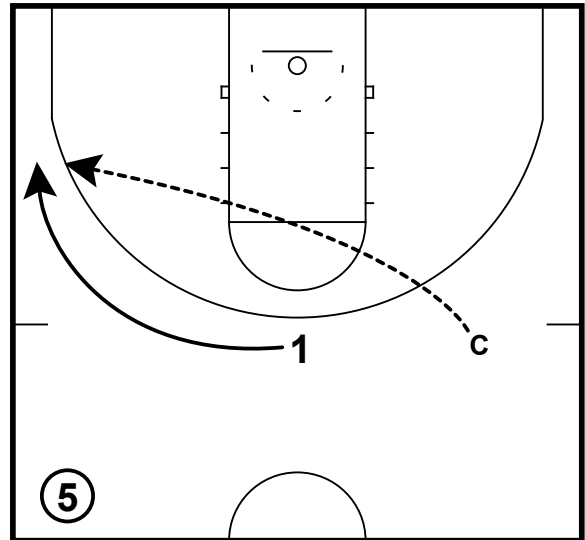
Individual Drills

5 spot shooting



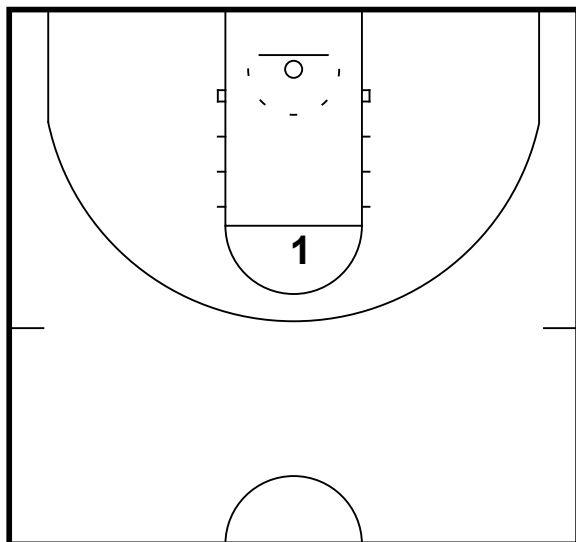
Curl top of the key

5 spot shooting



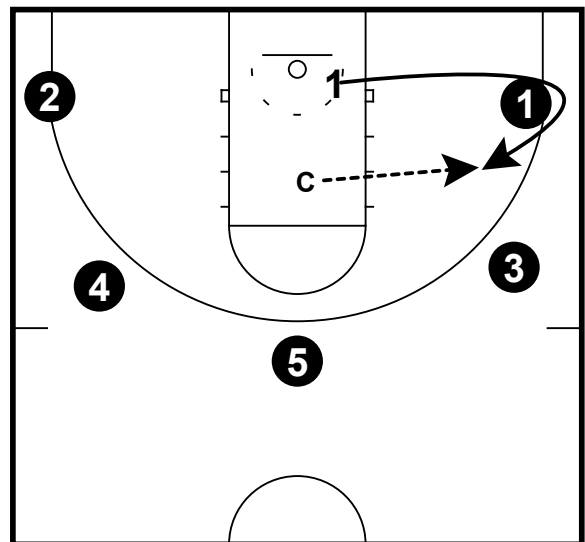
Flare Cut

5 spot shooting



1 and 1 at end of drill

Part 1 Shooting off the pass right turn



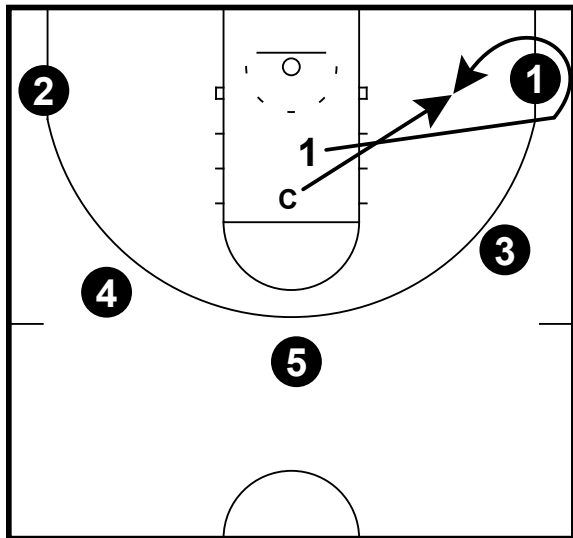
Start under the basket and sprint to spot 1 and make a right turn shoulder move for the catch and shoot

Continue running to all five spots for catch and shoot making right shoulder turns. Run under the basket after each shot.

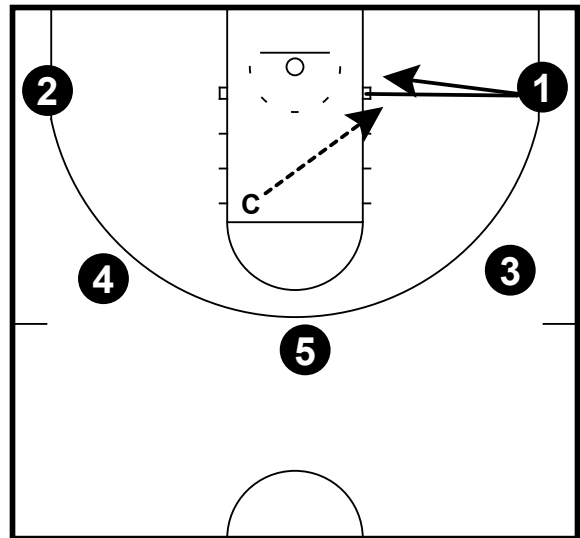
Shooting and Skill Development Drills

Individual Drills

Part 2 Shooting off the pass left turn



Part 3 Lay ups

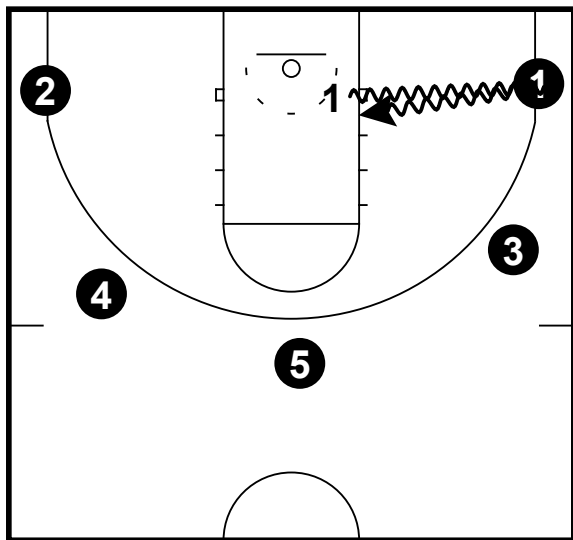


Sprint to the perimeter and then cut backdoor for lay up.

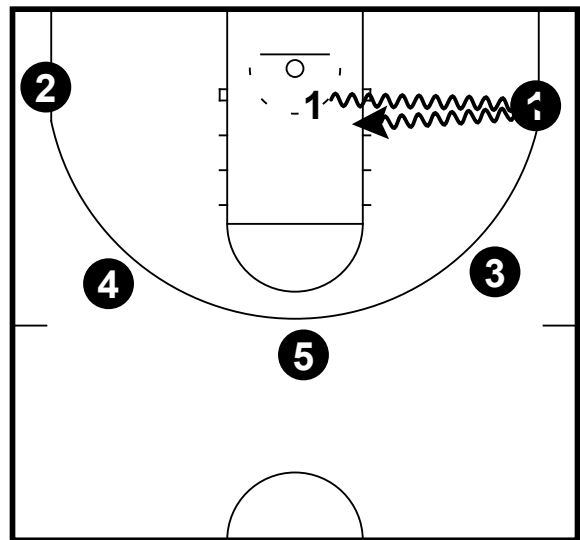
Variations:

1. 1 foot finishes
2. 2 feet finishes
3. Floaters
4. Weak hand finish

Part 4 Off Dribble



Part 5 Off Dribble



Start under the basket and dribble ball to spot one and dribble back to basket for finish at the rim. Continue to all 5 spots.

Variations:

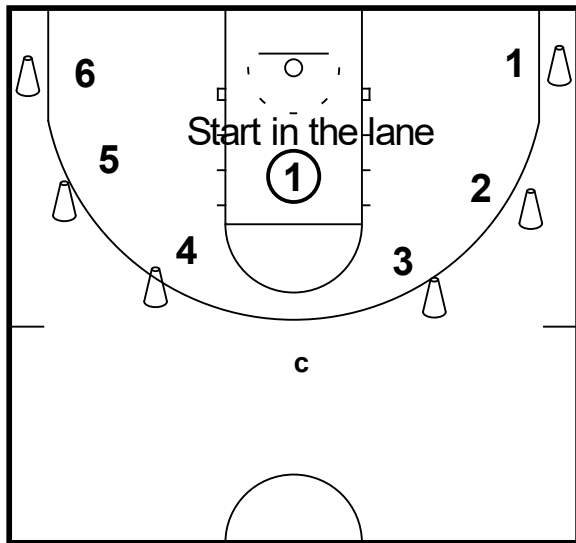
1. Dribble with same hand the whole time through
2. Make behind the back dribble at the 5 spots

Part 5 Off dribble: Dribble out to the 5 spots and shoot the pull up jump shot. Keep the basketball in the same hand through out the drill

Shooting and Skill Development Drills

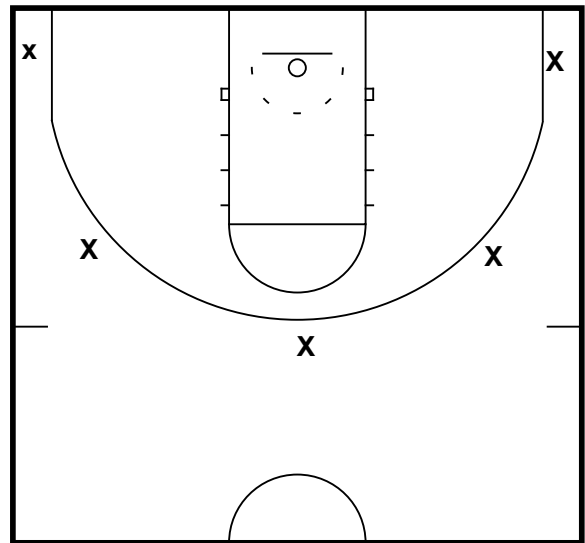
Individual Drills

6 Cone Shooting
Kevin Stallings



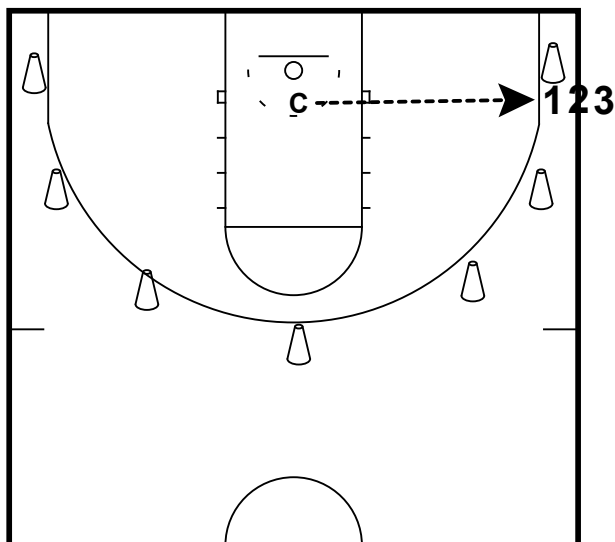
Player starts in lane, coach is passer up top, coach yells number and player runs out behind that cone for 3 point shot. Player returns to lane after each shot.

60 second drill
Bruiser Flint



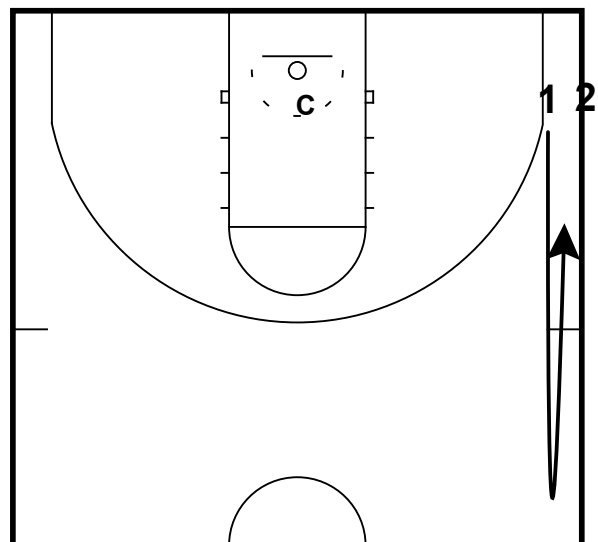
Must make three shots in 5 spots in 60 seconds
Spots = corners, wings, top of key
Shoot until you make the time

7 for 7
Houston Rockets



Shooters start in the corner 7 spots for 7 makes

7 for 7
Houston Rockets

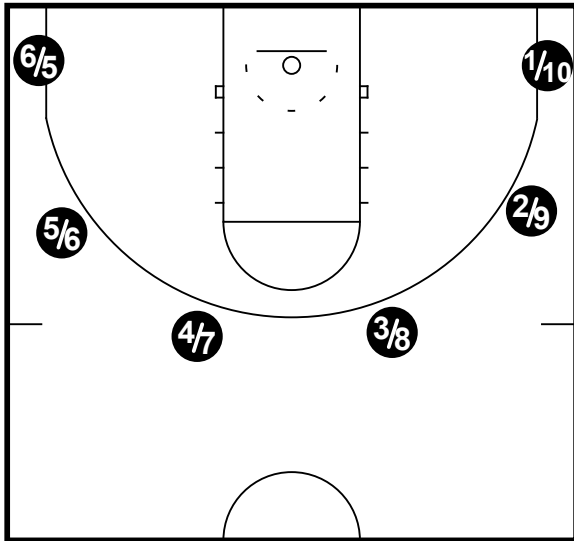


If you miss shot, sprint to half court and back. If you make, go to back of line and the next player goes.

Shooting and Skill Development Drills

Individual Drills

10 spot shooting

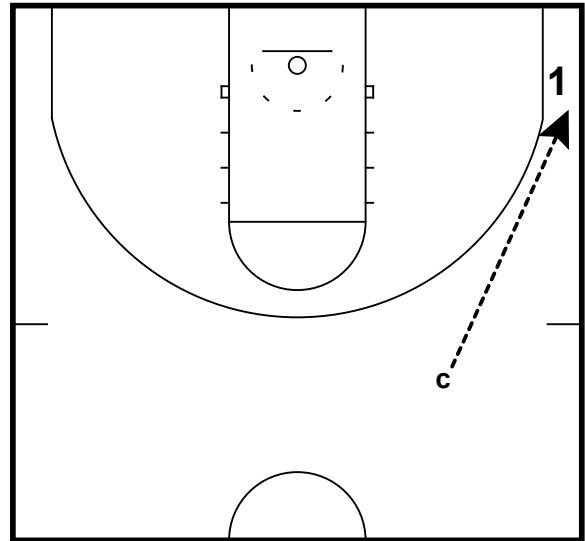


Shoot for a 1 min or until you make 10 makes

Can't miss 2 in a row or you go back

Can do Solo or with a partner

And 1 shooting
Mike Neighbors

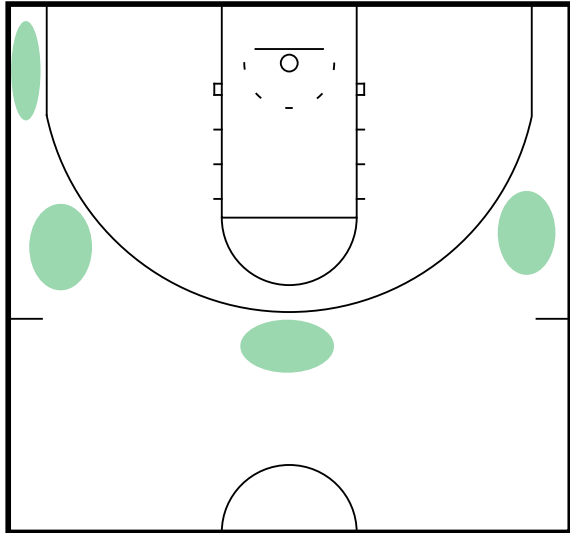


Put 1:00 on your clock. Begin the time when the first shot is made from the corner. On a make shooter moves to the wing until she/he makes a shot. To the top of key until a shot is made. Move to opposite wing after a make and then finish with a make in the corner opposite from where drill began. Stop the time on the last made shot to complete the first round.

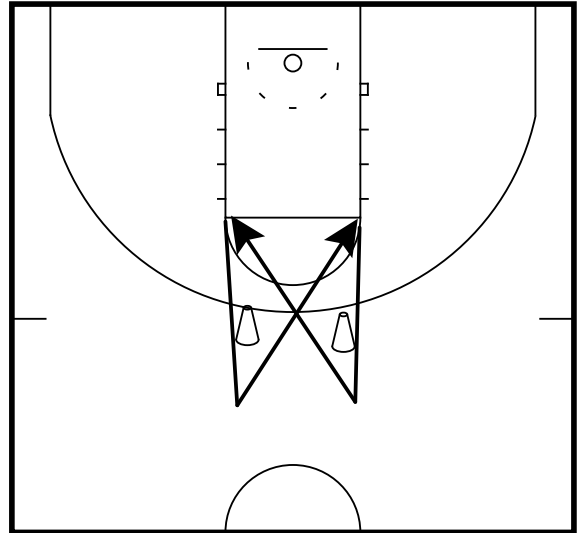
Shooting and Skill Development Drills

Individual Drills

And 1 shooting
Mike Neighbors



Angle into elbow



Add one minute to the remaining time for round two. In round two, shooter must make two shots in a row from the spot before moving to next.

If another round is completed, add 1:00 to any remaining time. 3 makes in a row for round 3, 4 in round 4, and so on until 0:00 shows on the clock.

Credit : Mike Neighbors

Start at elbow. Backpedal then sprint into shot at other elbow. Backpedal again to other cone then sprint to the elbow into shot.

5x each side

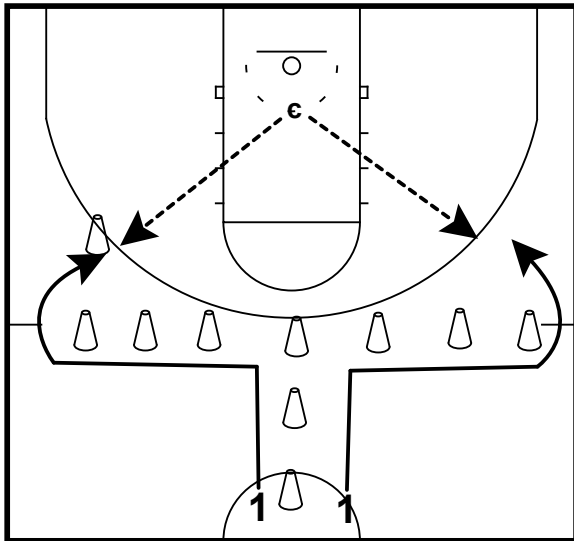
Alternates

Player can backpedal and go on he catch and go on a one dribble pull up or drive hard to the elbow

Shooting and Skill Development Drills

Individual Drills

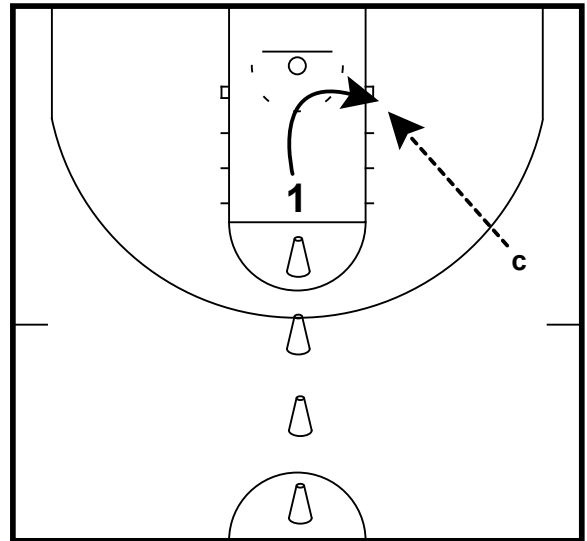
Balance Shot Drill
Kevin Stallings



Hurdle Jumps into Shot

A. Place hurdles or cones about 3 ft apart, jump forward and then laterally over hurdles into 3 pt shot, 5x each way

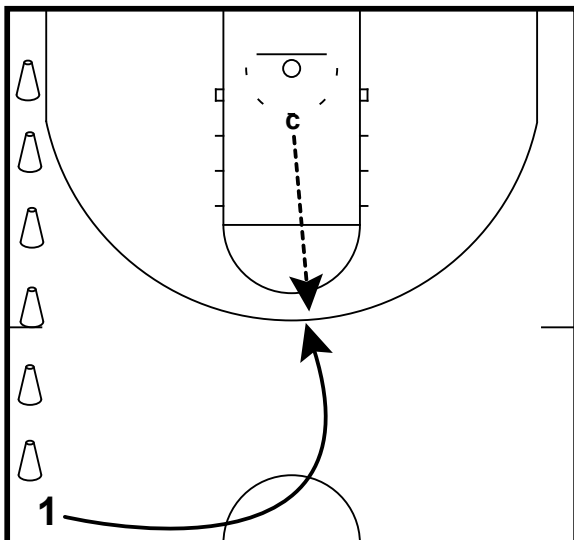
Balance Shot Drill
Kevin Stallings



18" Hurdle Jumps into Shot

B. Variation for Bigs -- Jump forward over hurdles, execute post move. 5x each side

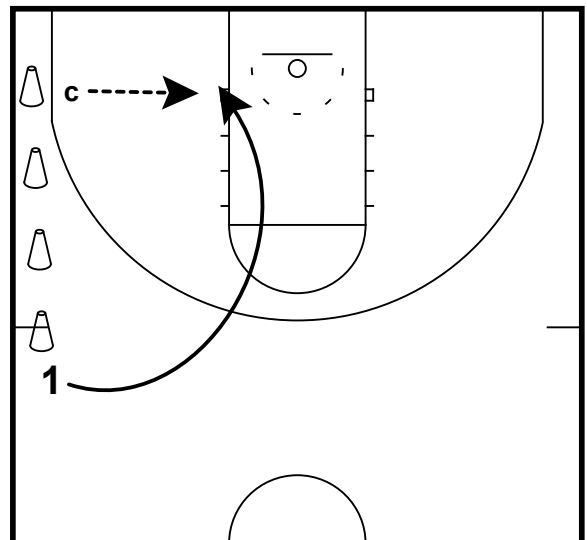
Balance Shot Drill
Kevin Stallings



Low Hurdles

-Place hurdles or cones 3 feet apart.
-Quick feet over hurdles into 3pt shot.
A. Right Side 10x, Left Side 10x, Top 5x each way

Balance Shot Drill
Kevin Stallings



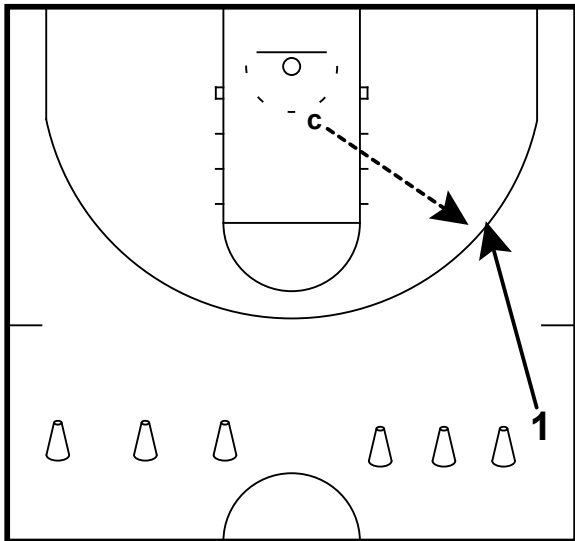
Low Hurdles - Variation for Bigs

-Place hurdles or cones 3 feet apart.
-Quick feet over hurdles into post move.
B. Right Side 10x, Left Side 10x, Top 5x each way

Shooting and Skill Development Drills

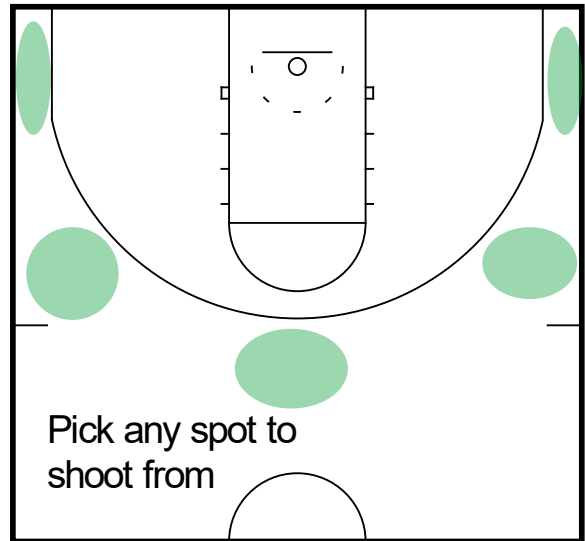
Individual Drills

Balance Shot Drill
Kevin Stallings



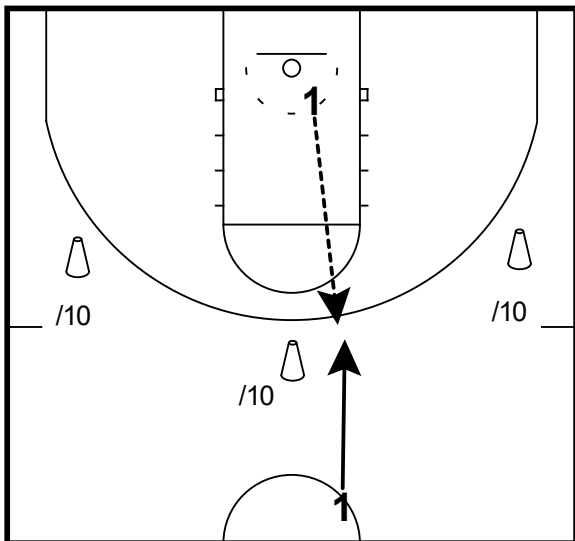
Player moves laterally over hurdles, sprints between hurdles, and continues laterally over hurdles finishing with a 3 pt shot. Repeat going in opposite direction.
- 5 shots each direction
- 10 total shots

Beat the Pro
Mike Neighbors



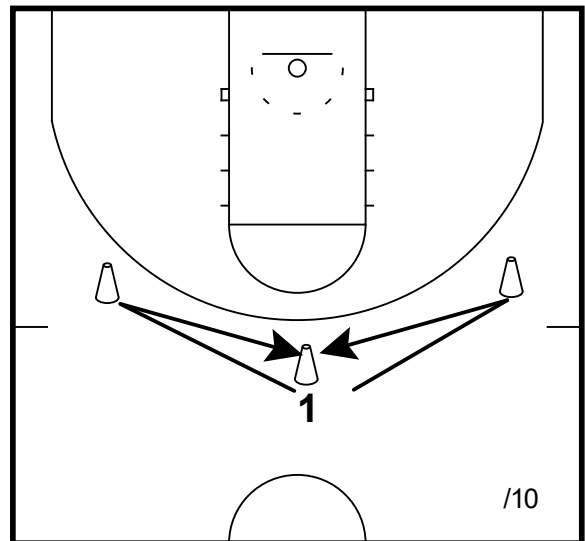
We shoot from our main three point spots...Corners, 45s, and Top...This is a stand in one spot ...

Catch and Shoot 3's



Keep a track of how many makes you made at each cone Best out of 10 makes at each cone
30 3's x 5 days in the week = 150 3's

Catch and Shoot 3's



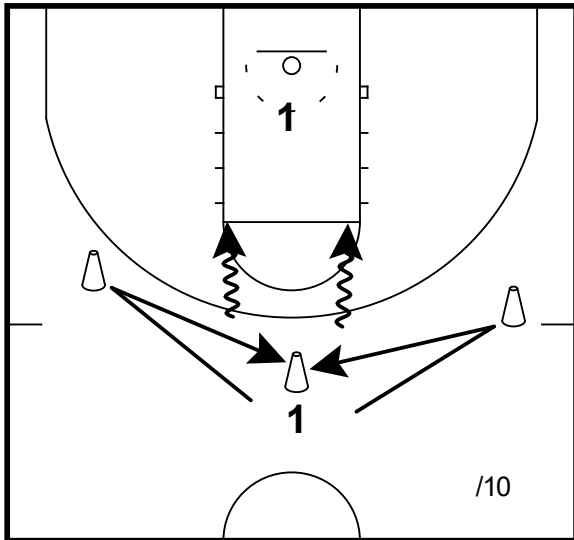
Sprint to each cone and back to top of key best out of 10 makes
Chart up your shots for the week

Best out of 50

Shooting and Skill Development Drills

Individual Drills

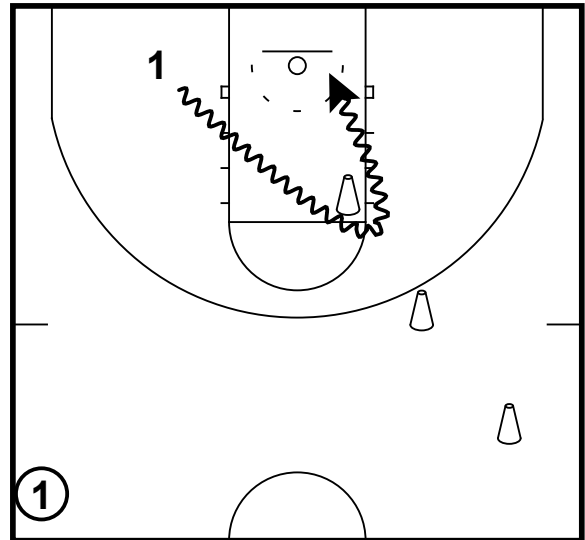
Catch and Shoot 3's



Rip move and 1 dribble pull up
Put down score for each day best out of ten shots

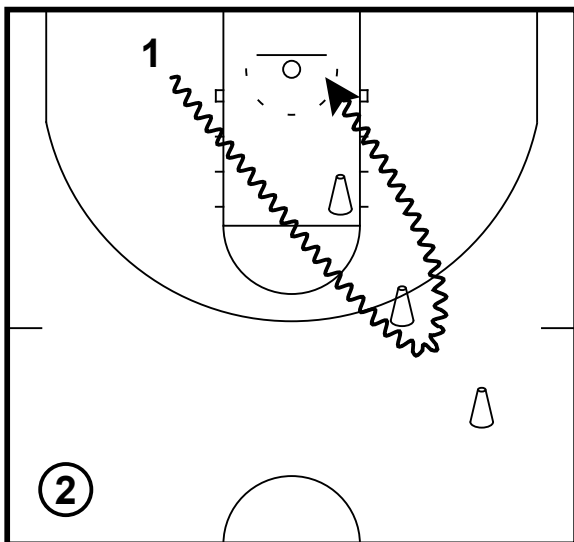
Chart up makes for each day and put final amount
Total amount out of 50

Circle shooting

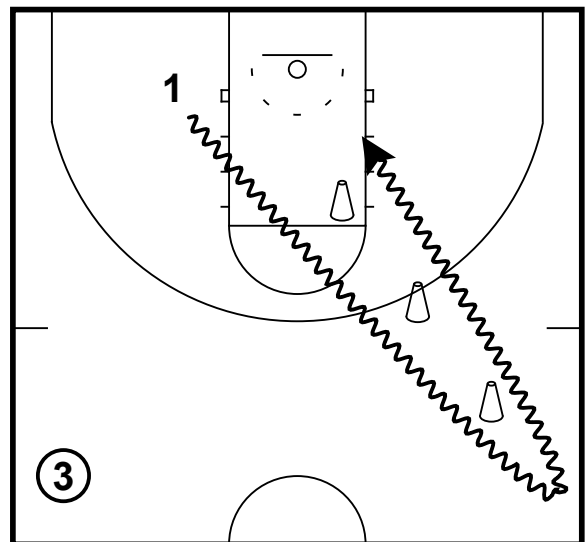


3 dribbles before turning the corner

Circle shooting



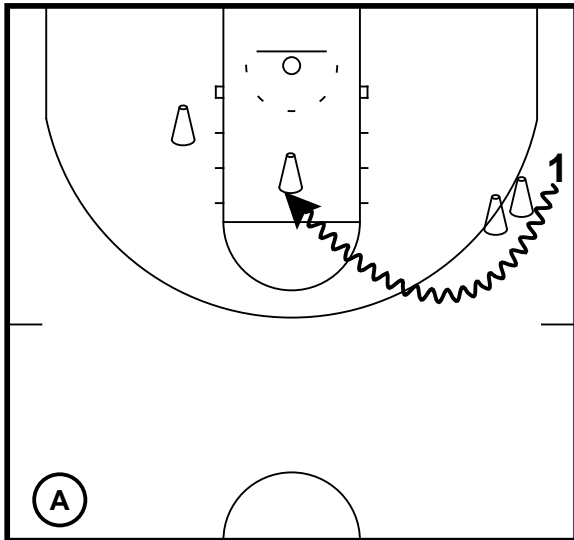
Circle shooting



Shooting and Skill Development Drills

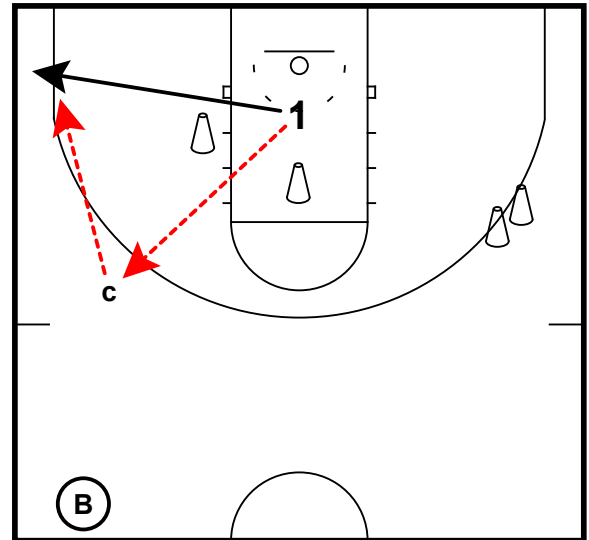
Individual Drills

Combo Shooting/On ball



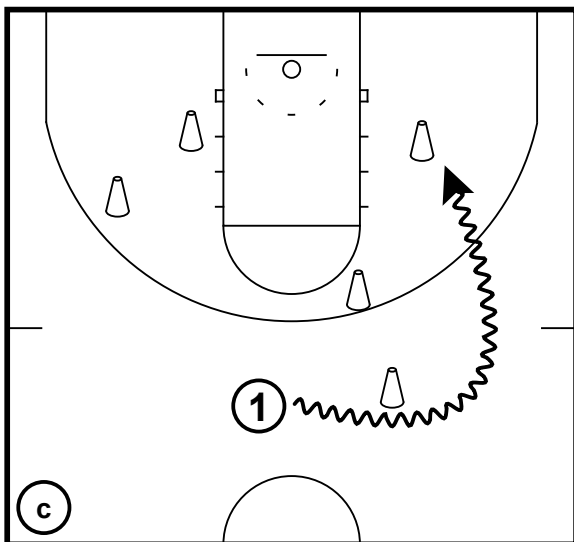
Dribble off ball screen and attacks hedging cone and pulls up for a mid range jumper

Combo Shooting/On ball



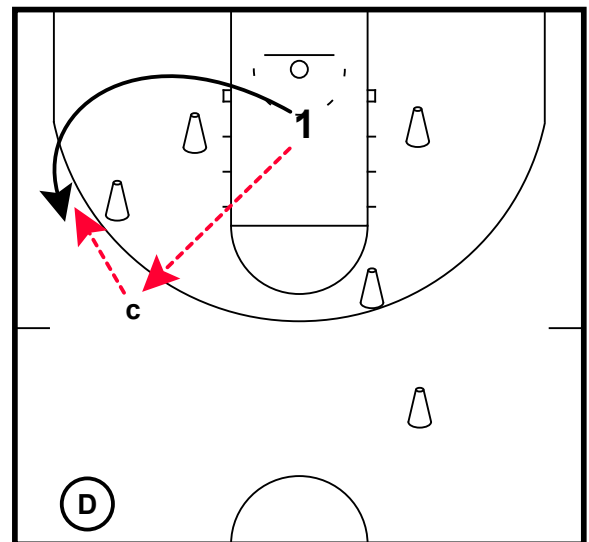
Runs baseline to corner after passing to coach receive pass back from coach for a 3

Combo Shooting/On ball



Attacks cone goes around hedger then attacks third cone for jumper off the glass.

Combo Shooting/On ball

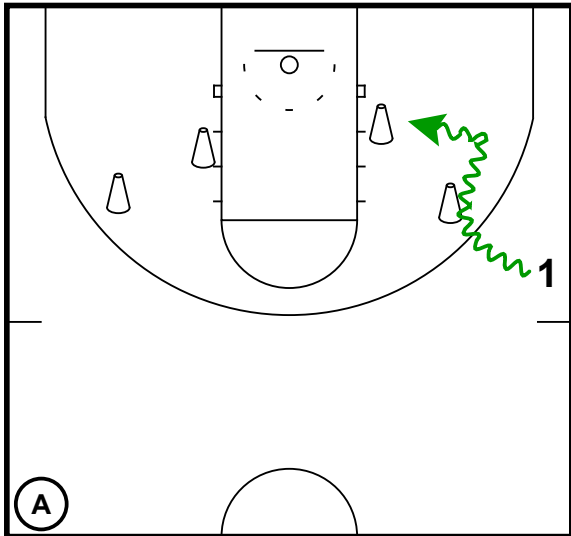


Player 1 then passes ball to coach curls around double screen for 3

Shooting and Skill Development Drills

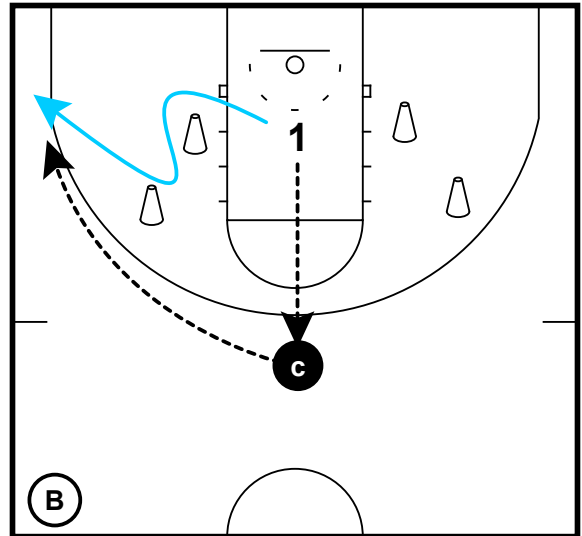
Individual Drills

Crossover/ Fade/ Drive Middle shooting series



Attack cone with crossover dribble towards baseline. Shoot one dribble pull up

Crossover/ Fade/ Drive Middle shooting series

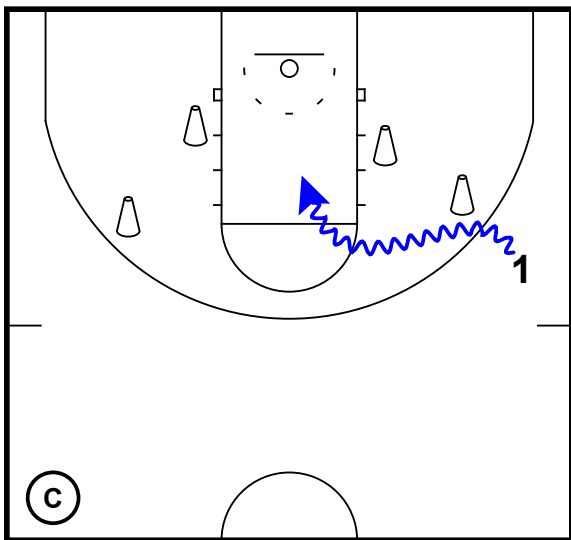


Working on the fade.

Come off down screen then fade into corner for 3

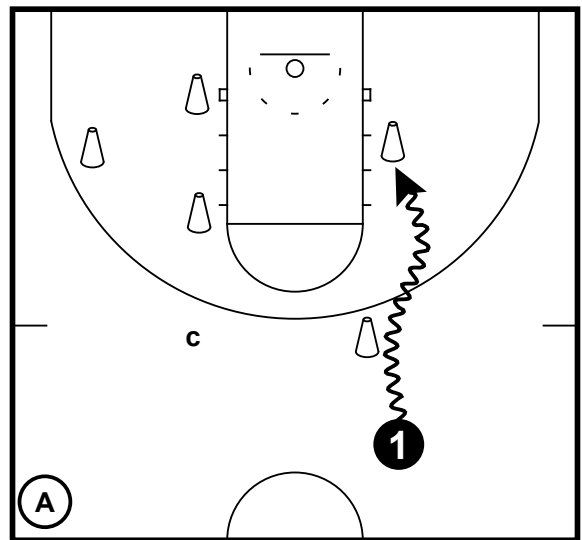
Have feet set and hands ready to shoot with smooth break down mechanics

Crossover/ Fade/ Drive Middle shooting series



Crossover into middle. Shoot jumper

Curl shooting

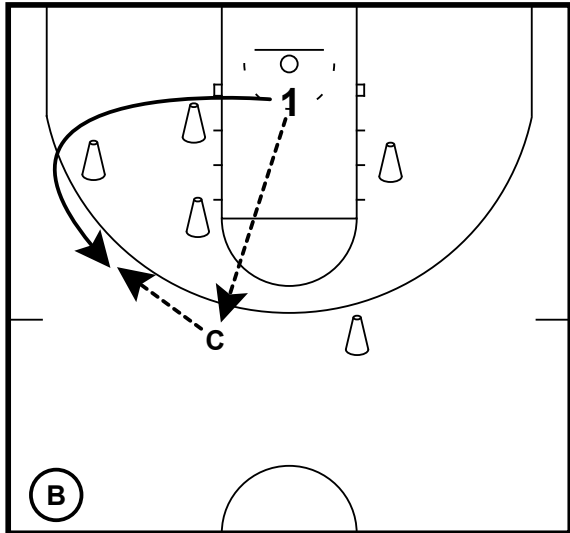


Hard dribble attack with hesitation move at the 1st cone then continues with one dribble pull up at the next cone

Shooting and Skill Development Drills

Individual Drills

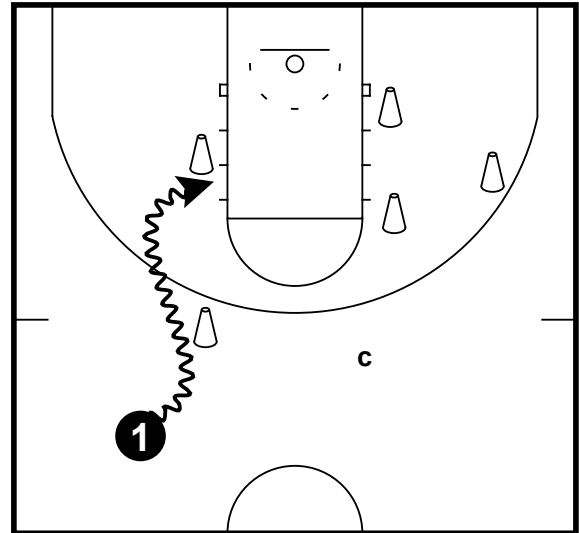
Curl shooting



After shot pass to coach and come off curl screen for pass back from coach for shot

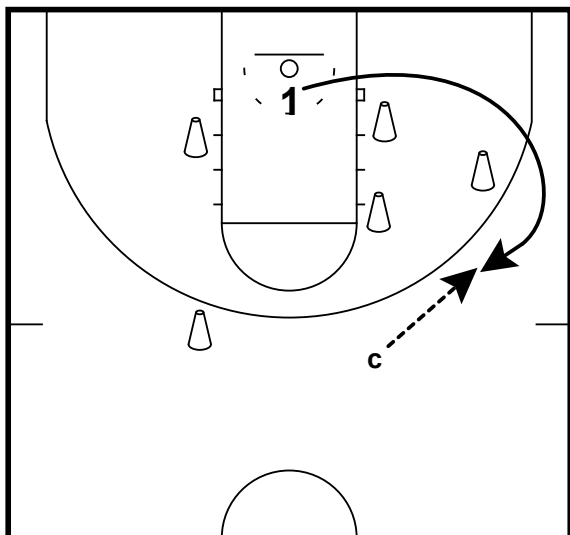
This drill can be done on both side of the court

Curl shooting

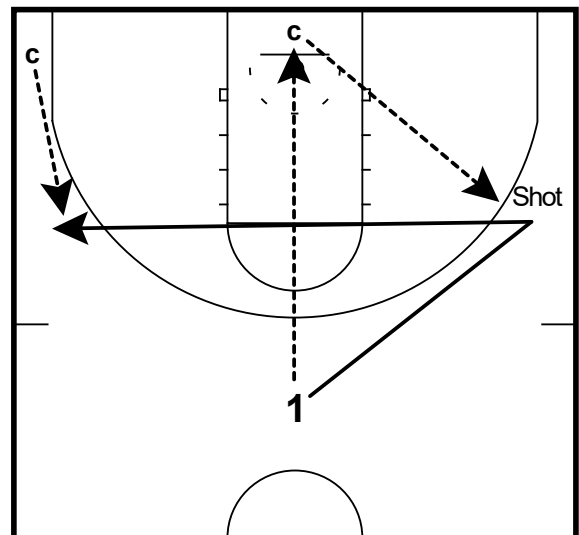


Same thing on the right side

Curl shooting



Double Shooting



Pass to coach who is under the basket.
Run to wing to get pass from coach for a shot
Then run to opposite wing to get pass from coach in far corner for shot

Set of 10 in total

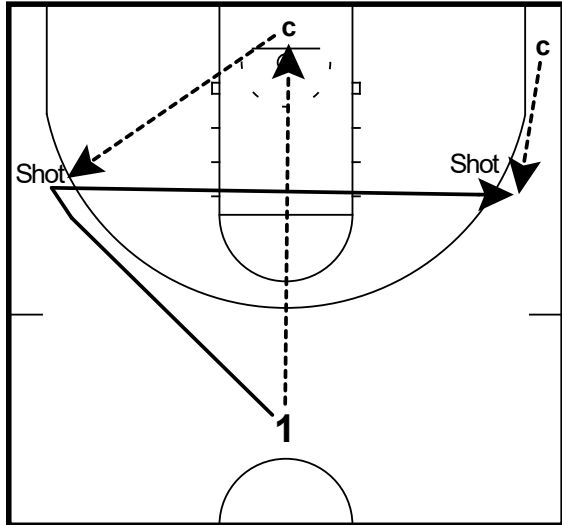
20 foul shots

10 after you shoot from the right side

Shooting and Skill Development Drills

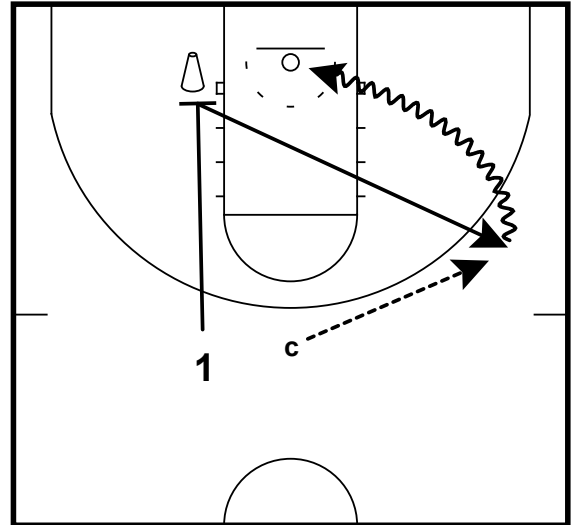
Individual Drills

Double Shooting



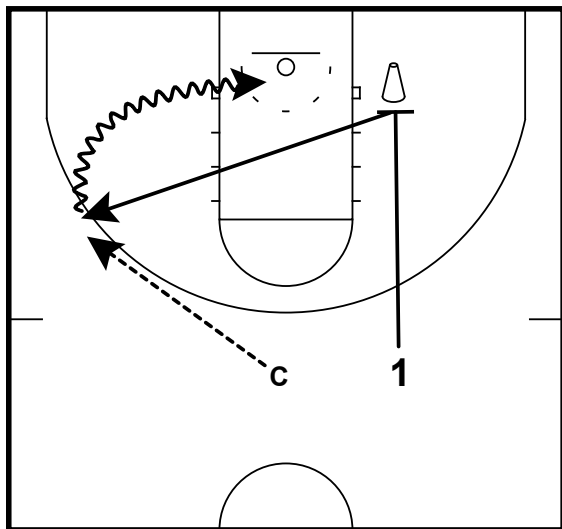
Cont
10 foul shots after

Down Screen to weak side attack



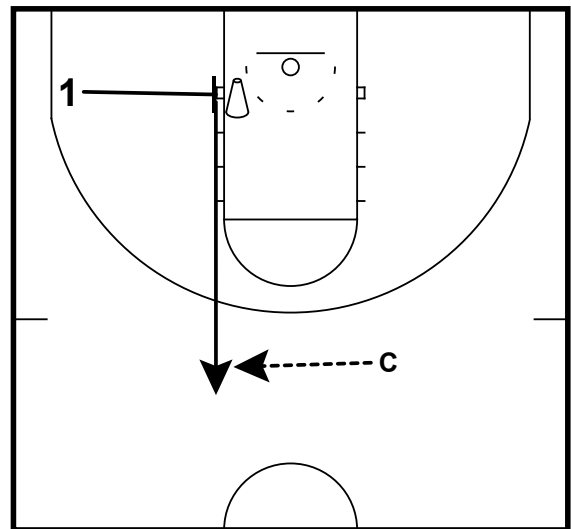
Moves to work on
Attack Moves:
Rip and Go
Jab and Drive Middle
Shot Fake and Drive Baseline
Catch and Shoot

Down Screen to weak side attack



Same on left side

Down Screen to weak side attack



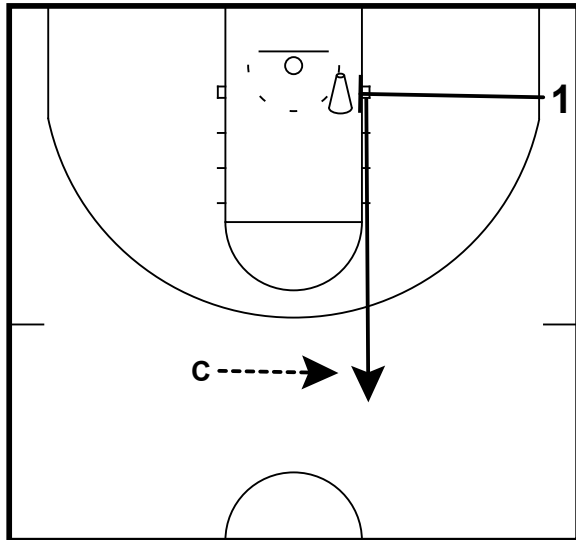
Cross Screen at block then come up to get pass from coach

Moves to work on
Rip and go
Jab and attack middle drive
Shot fake
Baseline drive
catch and shoot

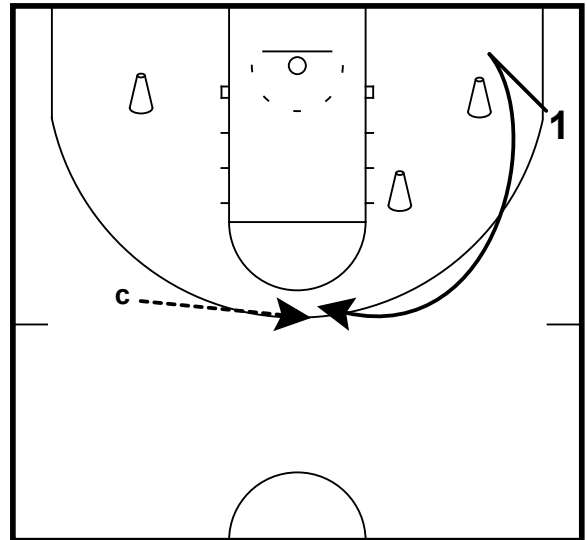
Shooting and Skill Development Drills

Individual Drills

Down Screen to weak side attack



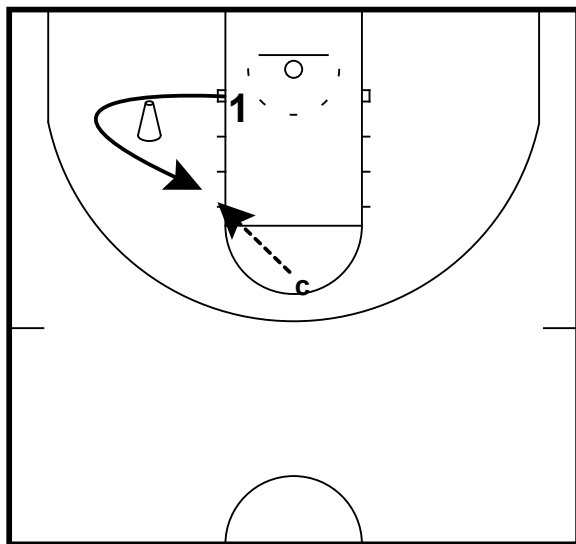
Down Screen curl Catch and Shoot



Place 2 cones on the the court
Player 1 will then set himself up using the cones as down screens
then come around to get pass from coach

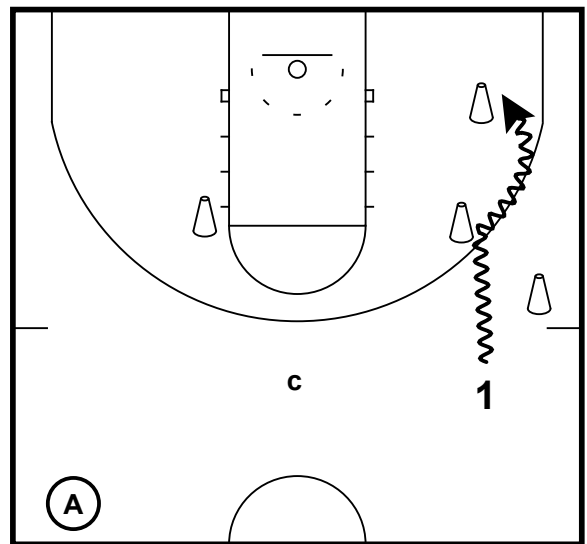
10 makes then 1 on 1

Down Screen curl Catch and Shoot



Come off the curl for a mid range shot

Dribble Penetration/Flare Screen

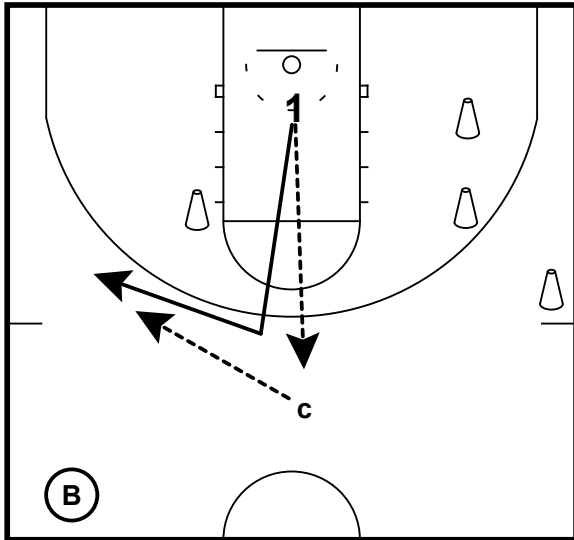


Dribble hard pass cone
Second cone do a hesi move and attack towards the baseline with
one dribble pull up off the glass

Shooting and Skill Development Drills

Individual Drills

Dribble Penetration/Flare Screen

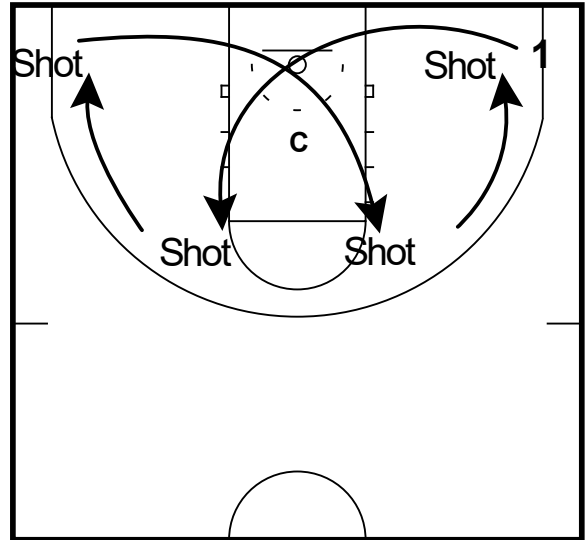


After shot, pass to coach at TOK run off flare screen for a 3

Also work on shot fake pulls
Attacking baseline drives
baseline floaters off the backboard running,
running jumpers

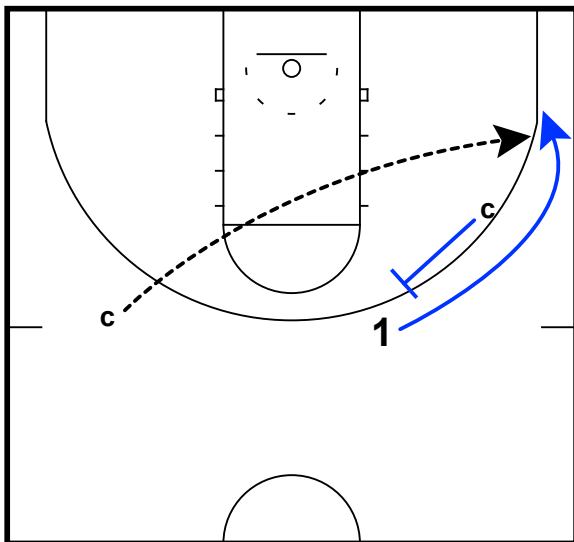
Also you can work on both sides

Elbow Corner Shot



Player starts in corner curls up to the elbow for a shot then goes down to short corner for a shot then comes around to other elbow for a shot then goes to right side corner for a shot

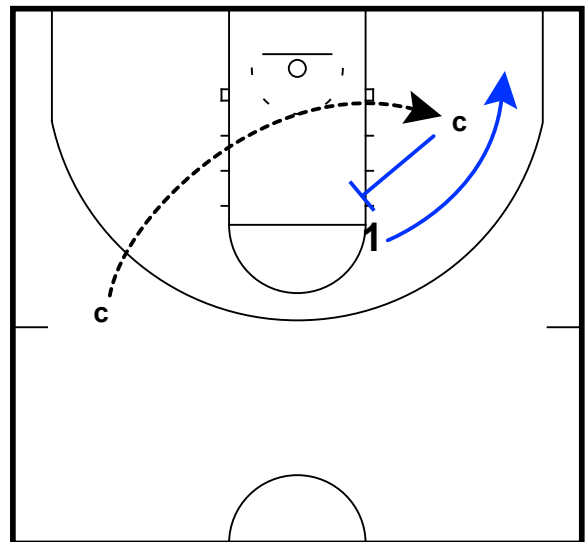
Fade Drill



Coach Sets flare screen for player 1
1 then flare down to corner for 3 pt shot

-5x each side
-10 shots total

Fade Drill



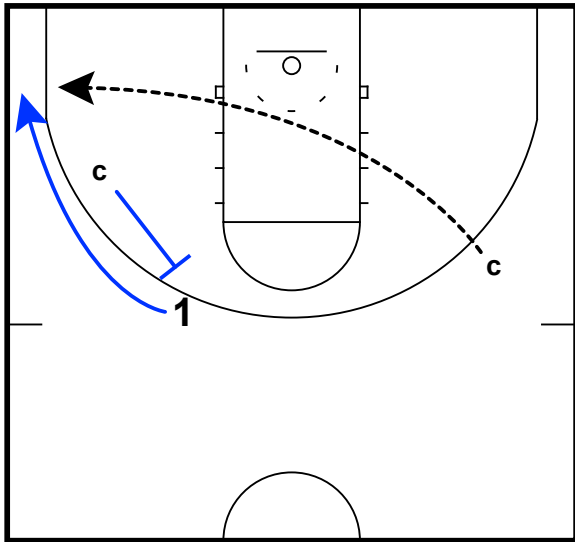
Mid Range

-5x each side
-10 shots total

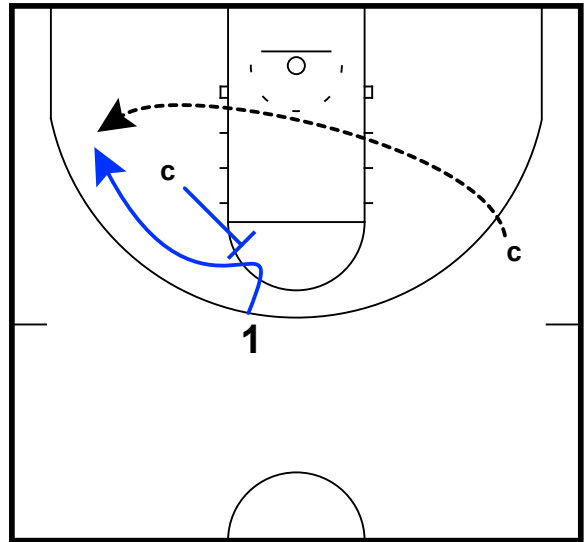
Shooting and Skill Development Drills

Individual Drills

Fade Drill

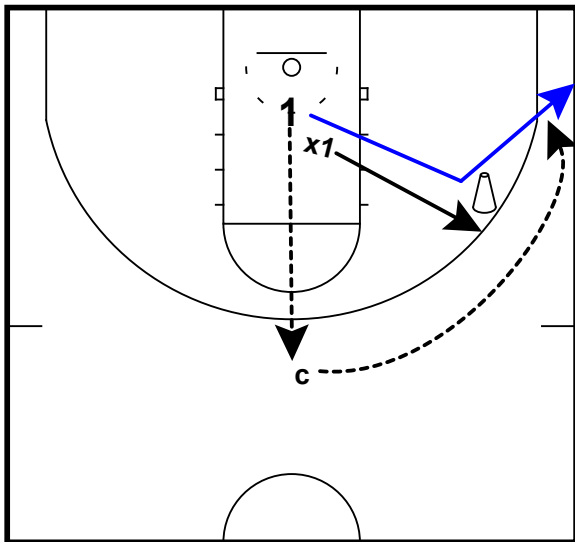


Fade Drill

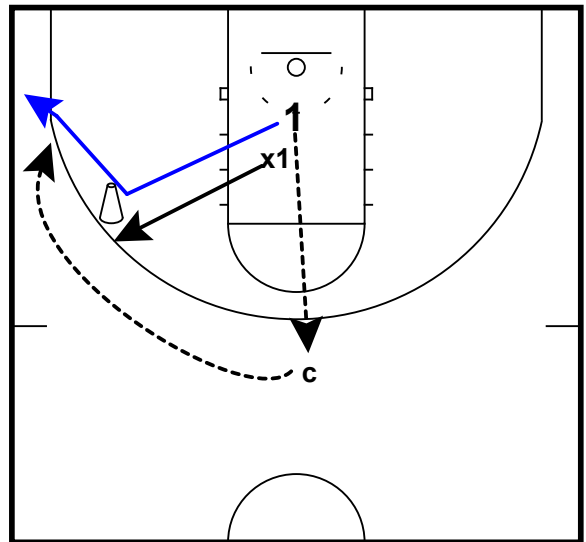


Left Side

Fade Drill



Fade Drill

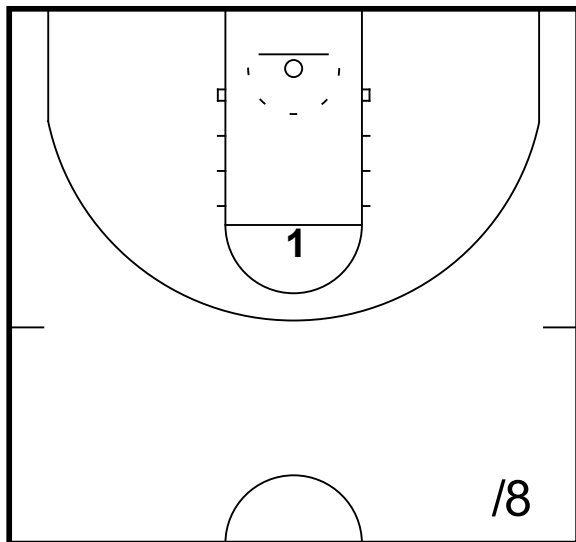


Offensive player goes up to screen then fades into the corner
-5x each side
-10 shots total

Shooting and Skill Development Drills

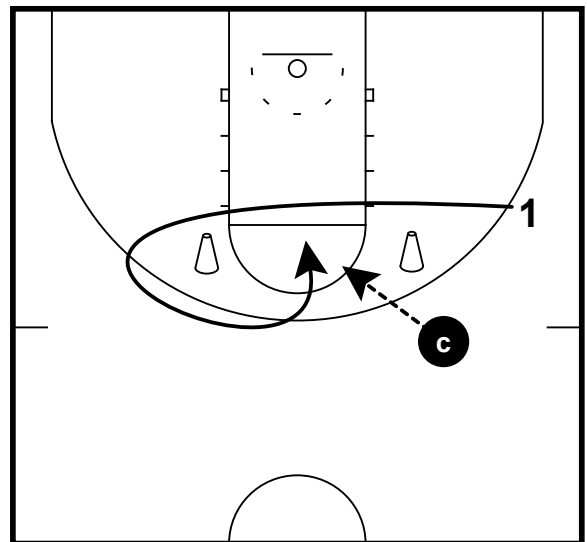
Individual Drills

Game Situation Foul Shooting



Working on game situational foul shooting
 1. 3 shot foul
 2. 2 shot foul
 3. And 1
 4. 1 and 1
 If you make all shots that equals to 8 total

Mid Range (Guards) series
 Kevin Stallings

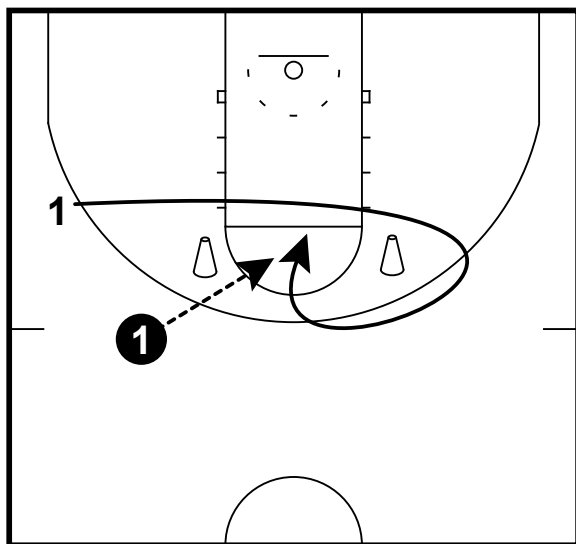


Slide below foul line then curls around cone for mid range shot

Set of 10

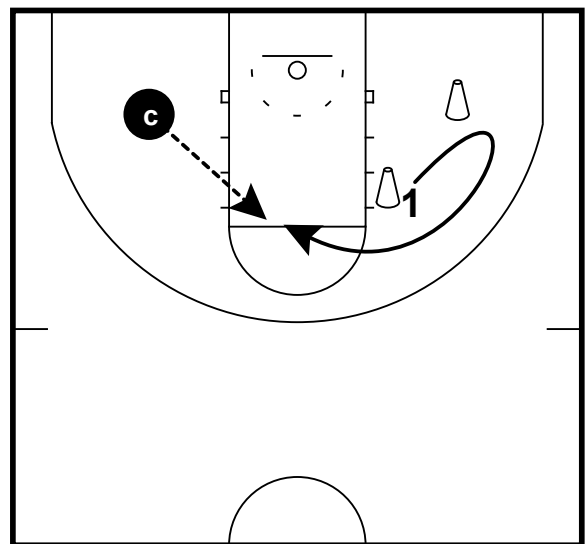
Credit Kevin Stallings

Mid Range (Guards) series
 Kevin Stallings



Set of 10

Mid Range and 3's (Guards) #2
 Kevin Stallings



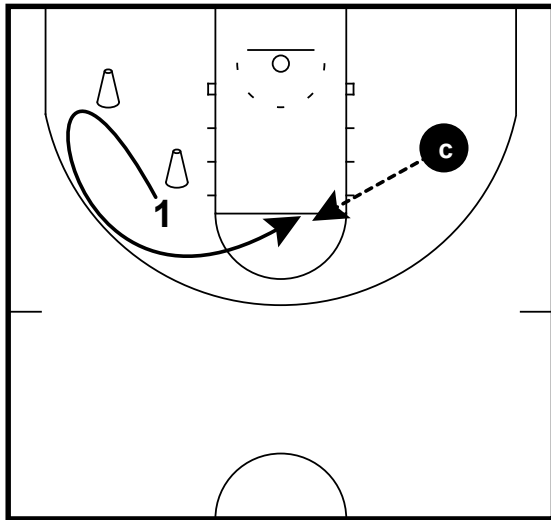
Cones are placed 12 feet apart. Player slides to cone and cuts off elbow cone for 2 point shot. Repeat drill on opposite side.
 - 5 shots each direction
 - 10 shots total

Credit Kevin Stallings

Shooting and Skill Development Drills

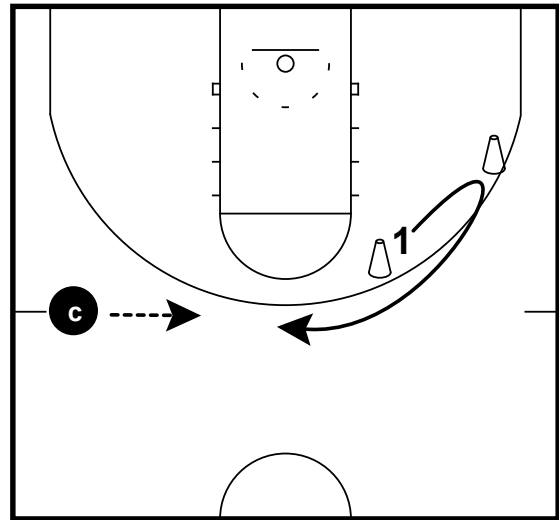
Individual Drills

Mid Range and 3's (Guards) #2
Kevin Stallings



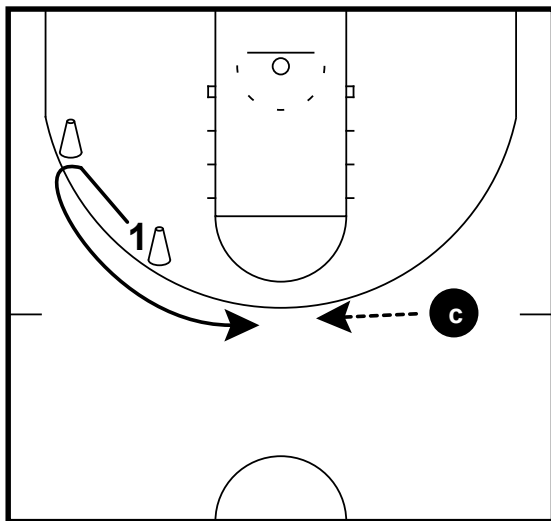
Same as the right side
10 makes then 1 and 1

Mid Range and 3's (Guards) #2
Kevin Stallings



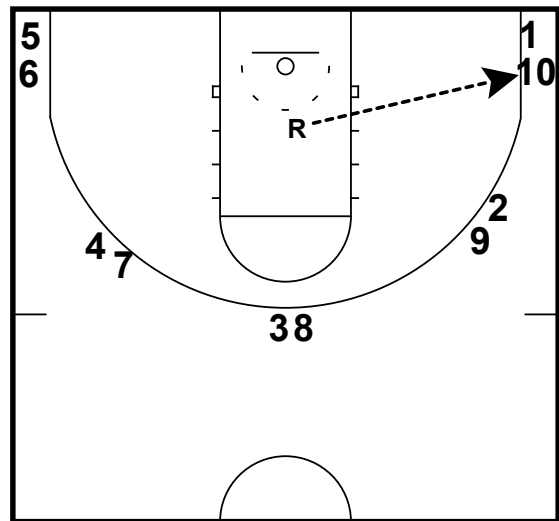
Cones are placed 12 feet apart. Player slides to cone and cuts off top cone for 3 point shot.
Repeat drill
on opposite side.
- 5 shots each direction
- 10 shots tota

Mid Range and 3's (Guards) #2
Kevin Stallings



Same as the right side
10 makes then 1 and 1

Celtic Drill
NBA Shooting

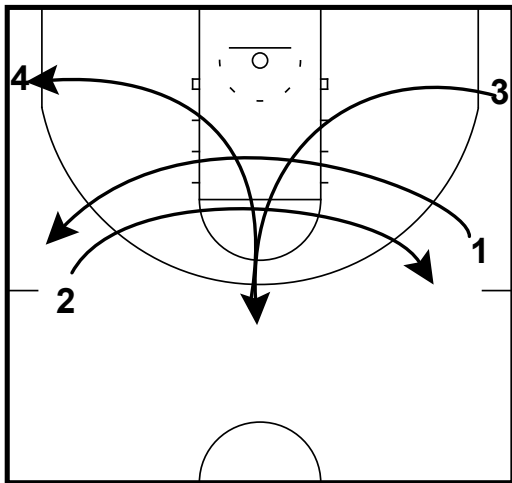


1. The goal of the drill is to make it around the arc and back in under 2:00.
2. Player starts in the corner and 2:00 begins to count down as the first shot is taken.
3. 2 shots must be made IN A ROW before you can advance to the next spot.
4. When you make it to the opposite corner, a player must make 2 sets of shots in a row -- it is not necessary to make 4 shots in a row.
5. Player then works his way back around to the starting point.
6. The drill is successfully completed when 2 shots are made in a row at all 10 spots in under 2:00.

Shooting and Skill Development Drills

Individual Drills

Over Under 3 point shooting

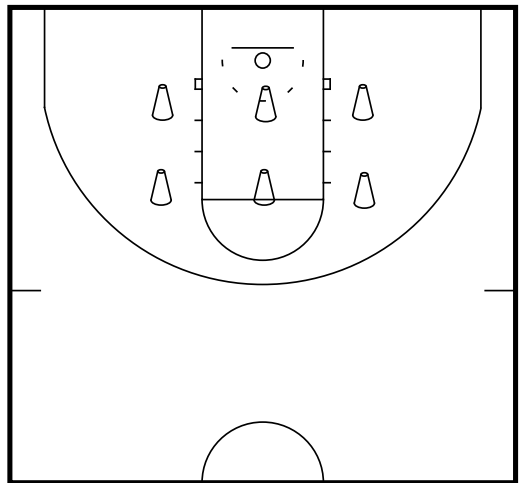


Start on the wing and work your way through. Make 5 by ending your last make at the 1st spot.

Once you made your last make go coast to coast and for power lay ups.

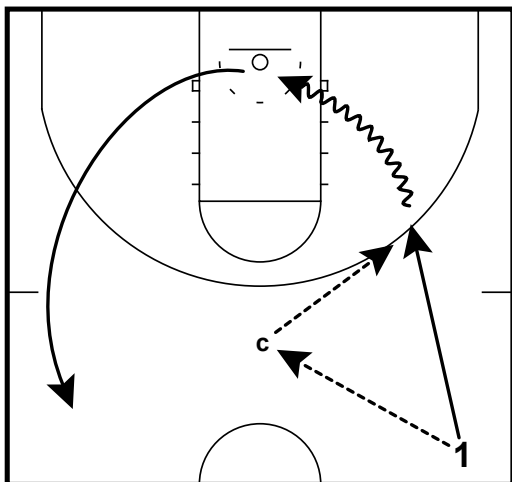
Keep your feet alive and active and lift into your shot VERY IMPORTANT

Perimeter Shooting
NBASHooting workout



The player must shoot at least 25 shots at each spot. After shooting 150 total shots, the player must then take at least one giant step back and repeat the drills using one dribble. 300 shots every other day equal 4500 shots per month. Beginners start with 2250 shots per month.

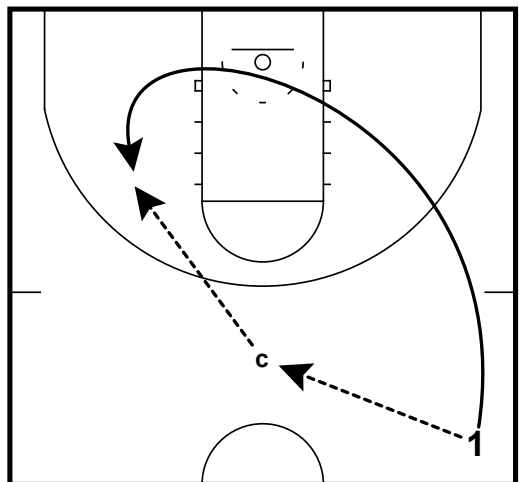
Pre Game Shooting



Types of finishes

- Attack middle
- Crossover
- One dribble Pull up
- 3 point shot
- Mid Range
- Middle catch and shoot
- Baseline pull up

Pre Game Shooting



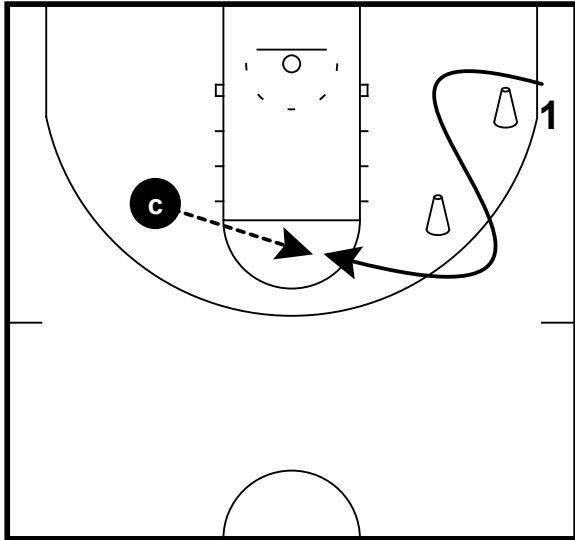
Types of finishes

- Attack middle
- Crossover
- One dribble Pull up
- 3 point shot
- Mid Range
- Middle catch and shoot
- Baseline pull up
- Shot fake pull up
- shot fake baseline lay up
- Footwork-reverse lay up

Shooting and Skill Development Drills

Individual Drills

Ray Allen Shooting

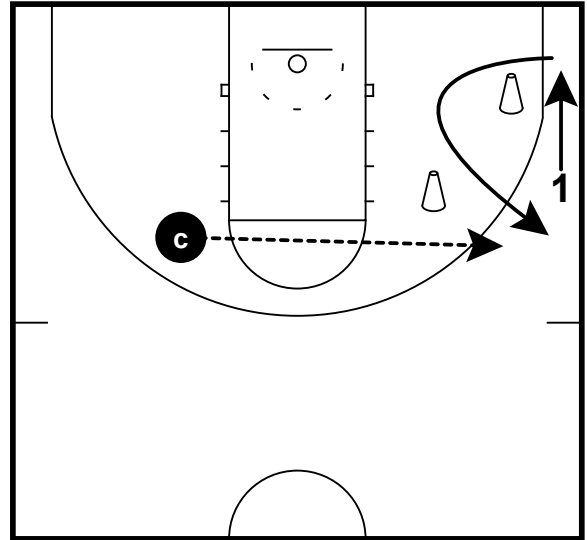


Working on game like shots

Player 1 runs to the first cone, Back pedal through to the second cone comes to the foul line elbow foul line extended for a shot

Set of 10 shots
5x on each side

Ray Allen Shooting



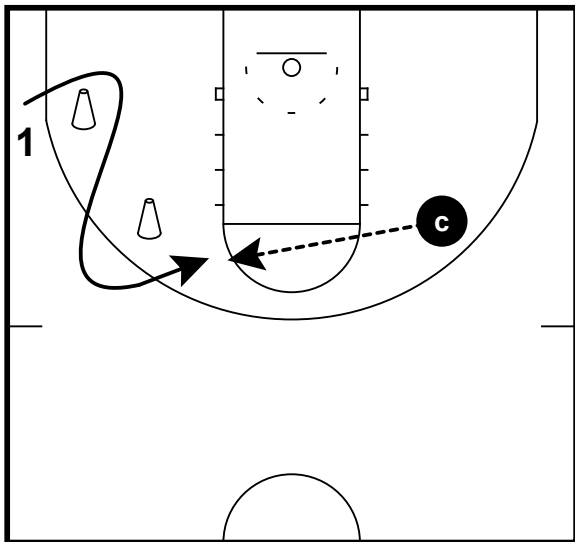
Same application now with shootings wing 3's

Run to first cone the back pedal to the 3 point line

Set of 10

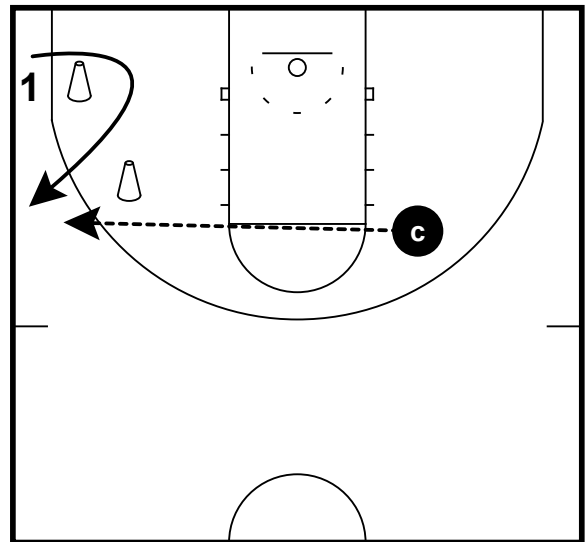
5x on each side

Ray Allen Shooting



Same as the left side

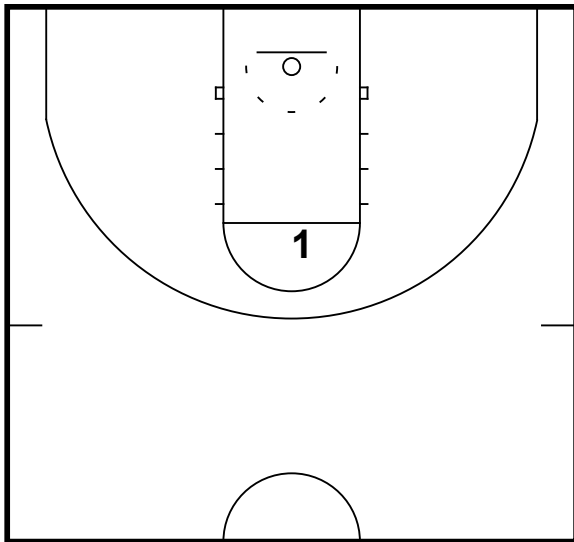
Ray Allen Shooting



Shooting and Skill Development Drills

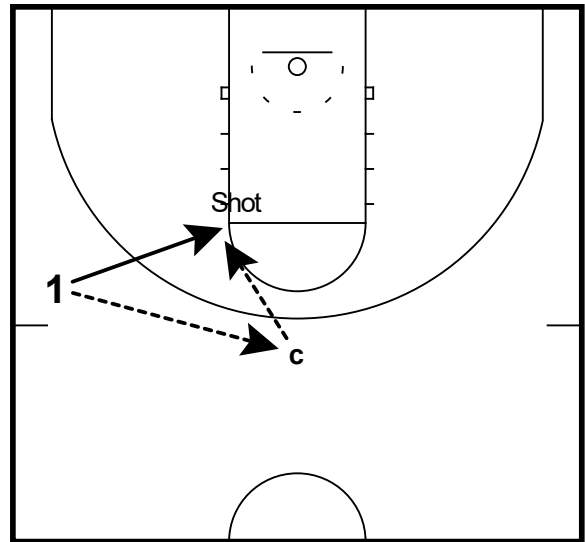
Individual Drills

Ray Allen Shooting



End with 1 and 1

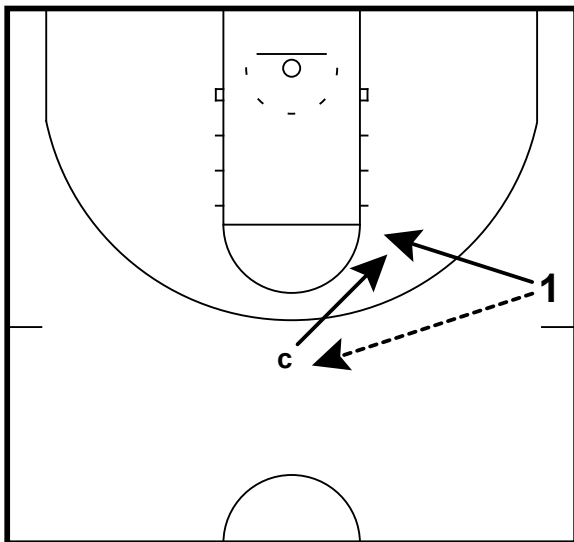
Elbow Shooting on the move



Player passes to coach at top of key play then get pass back at the elbow for shot

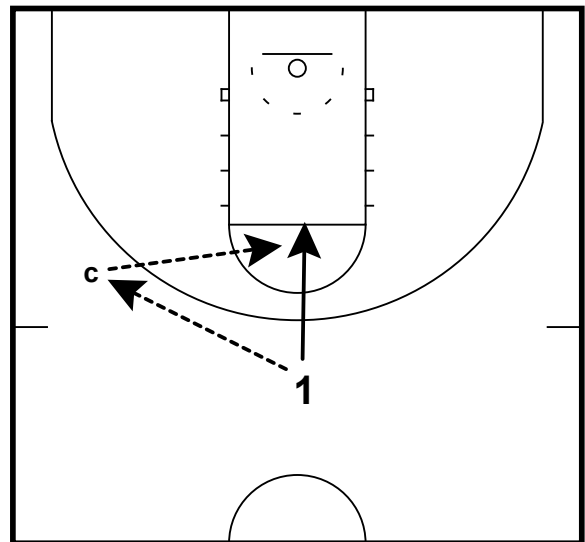
Set of 10

Elbow Shooting on the move



Things to work on:
 Catch and rip
 Running floaters
 Lay ups using opposite hand on the right side
 straight line drives
 Pro hops into a floater

Foul Line Shooting on the move



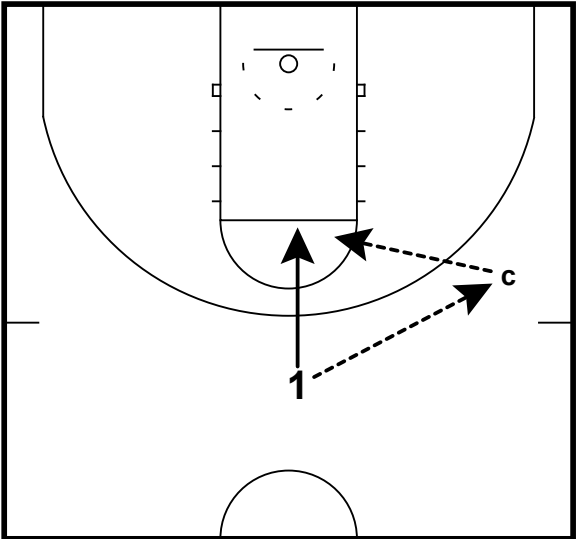
Foul line

10 makes

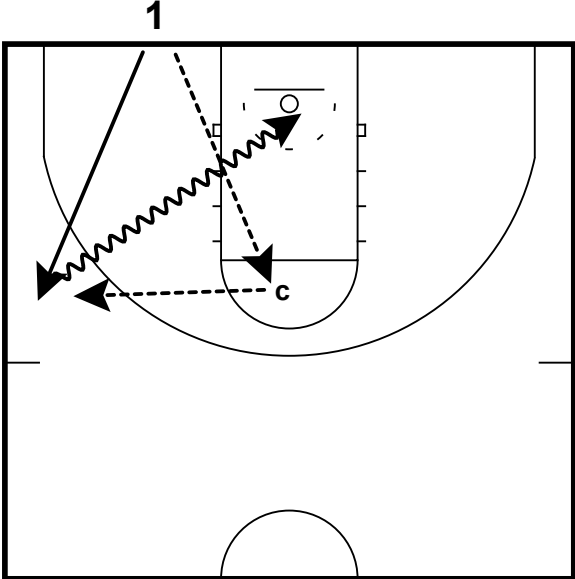
Shooting and Skill Development Drills

Individual Drills

Foul Line
Shooting on the move



Wing
Shooting on the move



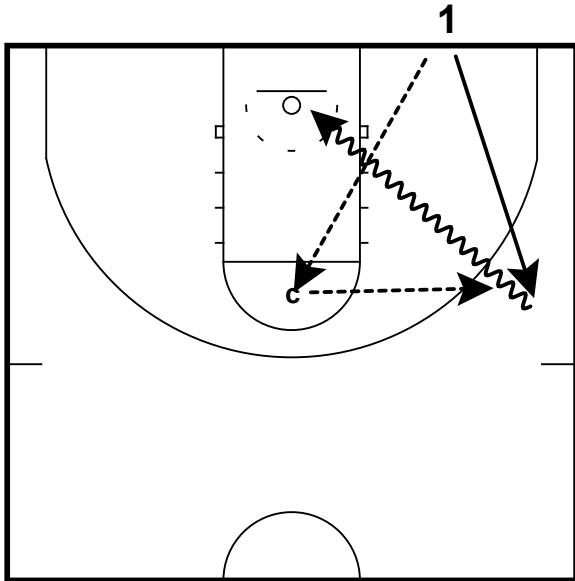
From the wing

10 makes

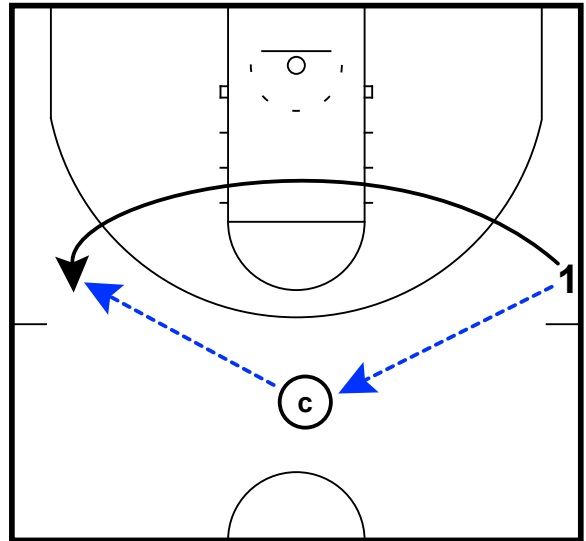
Shooting and Skill Development Drills

Individual Drills

Wing
Shooting on the move



Shooting on the run



Player 1 passes to c then Iverson cuts over the FT line to other side for shot.

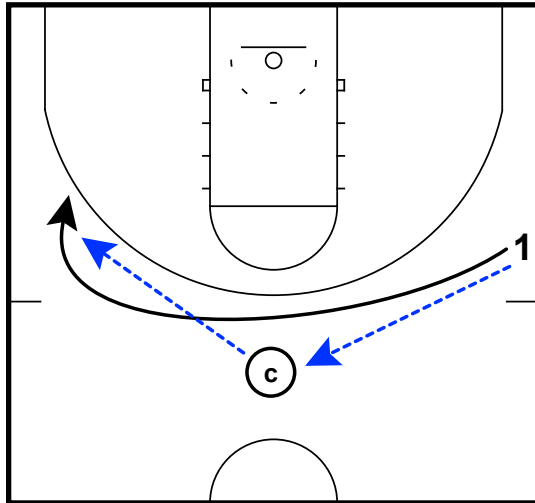
Have feet set and hands ready to shoot

Put a set time or amount of makes as your goal

Shooting and Skill Development Drills

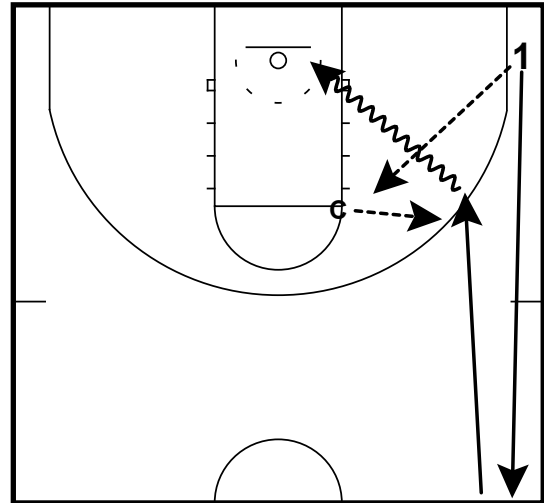
Individual Drills

Shooting on the run



Running along the 3 point line

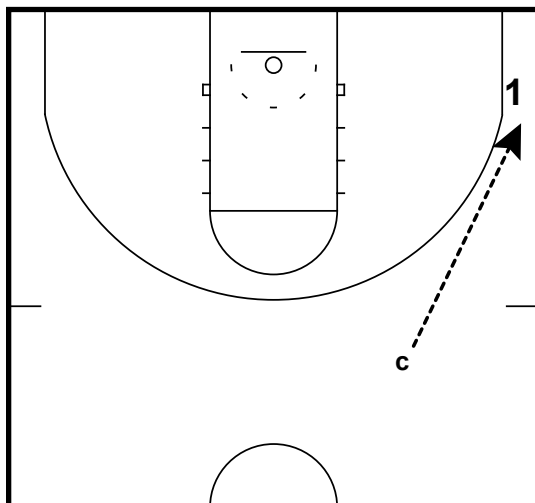
Sideline Touches



Pass to coach at elbow and run to half court
Run back down to get pass back from coach and finish at the rim

Variations:
Reverse lay ups
Pull up off the glass
euro
pro hop
2 foot layup

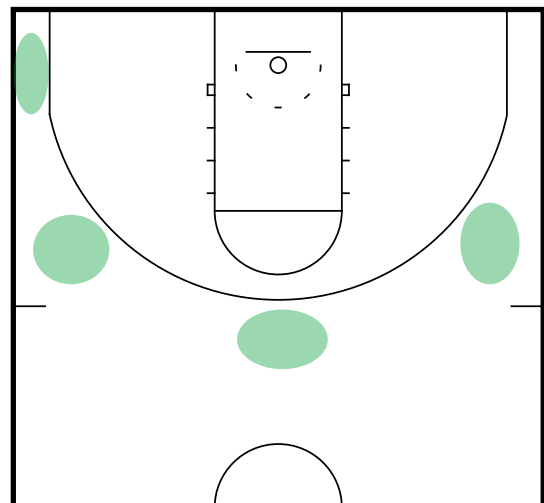
Sue Bird Shooting
Mike Neighbors



We will attempt 10 three-point shots. If she/he makes 7 or more, she/he move to the next spot on the wing. If she/he makes 6 she stays at the same spot. If she makes 5 or fewer she moves backward a spot. We shot corner-wing-top-wing-corner-wing-top-win-corner. *If they do not make 5 at the first spot, they re-mains there, as there is no spot to move backward to.

Time begins on the first made shot at spot 1 and continues until all spots are completed.

Sue Bird Shooting
Mike Neighbors



This drill works on our game shots from game spots very well, but is relatively low on the game speed chart.

This drill brings value in repetition and seeing the ball go in consistently for a Green Light Shooter.

Green Light Standard: Complete the drill

Plum Standard: Complete under 3:00

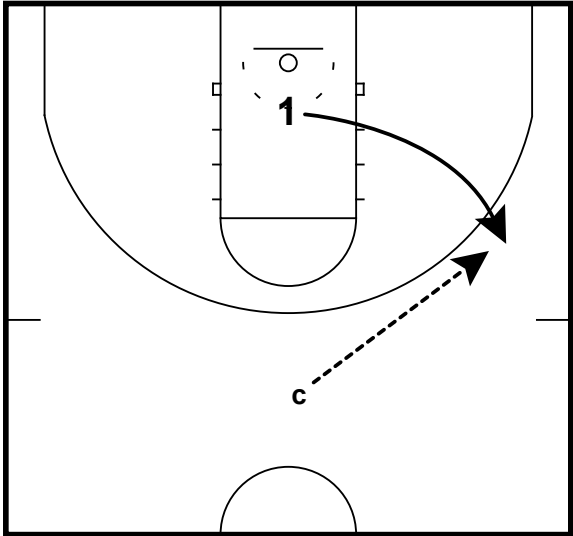
Record Standard: 2:21

Credit : Mike Neighbors

Shooting and Skill Development Drills

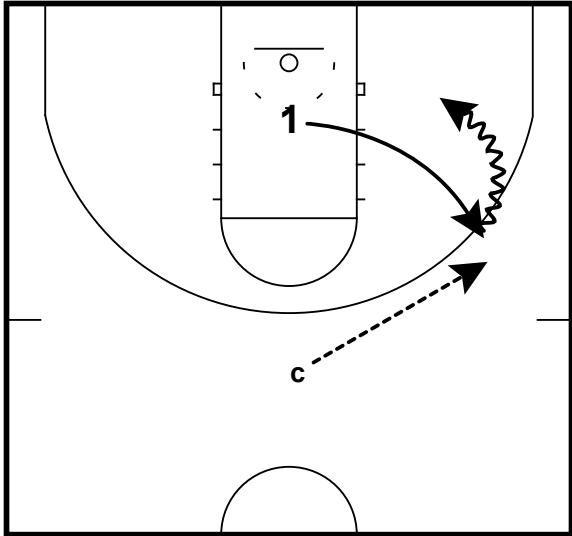
Individual Drills

Wing Jab Shooting series



Wing cut and Jab

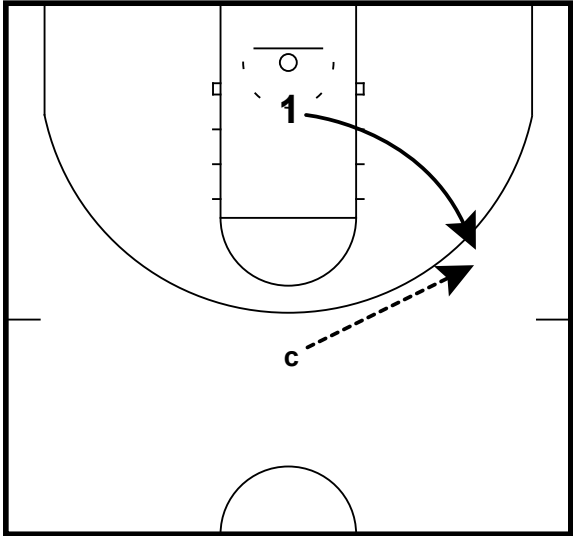
Wing Jab Shooting series



Wing cut and Jab
Shot fake and dribble pull up
Shot fake and attack the basketball

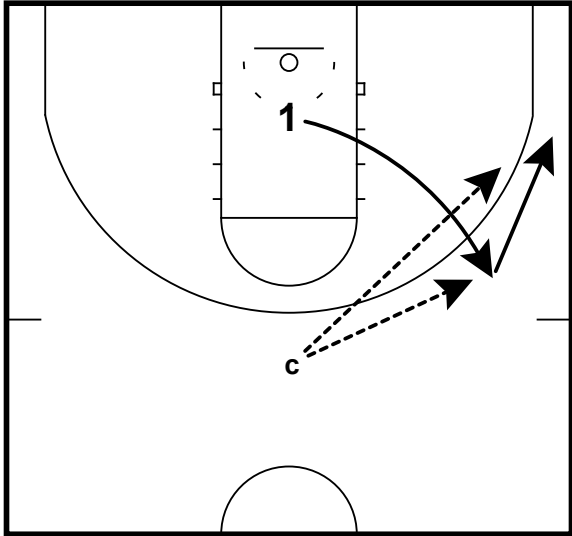
-5x each side
-10 total shots

Wing Jab Shooting series



Wing cut jab into a 3

Wing Jab Shooting series



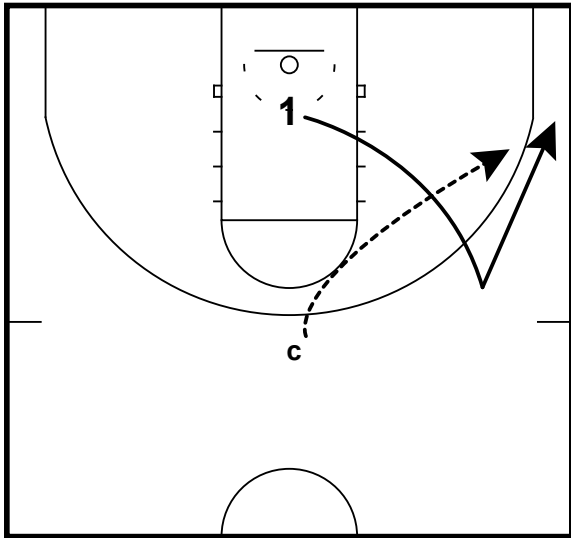
Wing cut jab to 3
Side dribble shoot

-5x each side
-10 total shots

Shooting and Skill Development Drills

Individual Drills

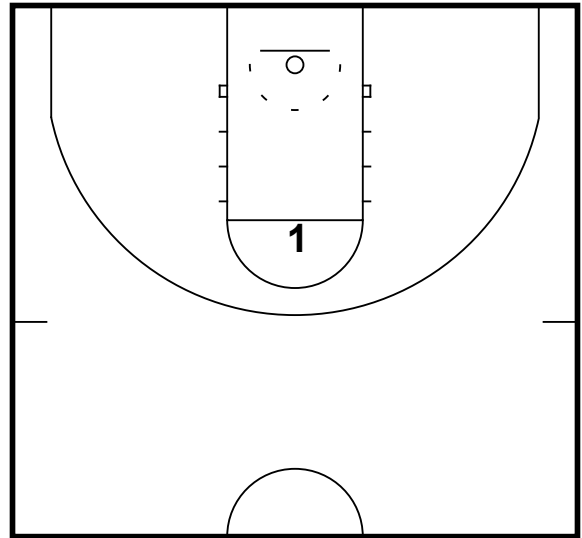
Wing Jab Shooting series



Wing cut flare to corner

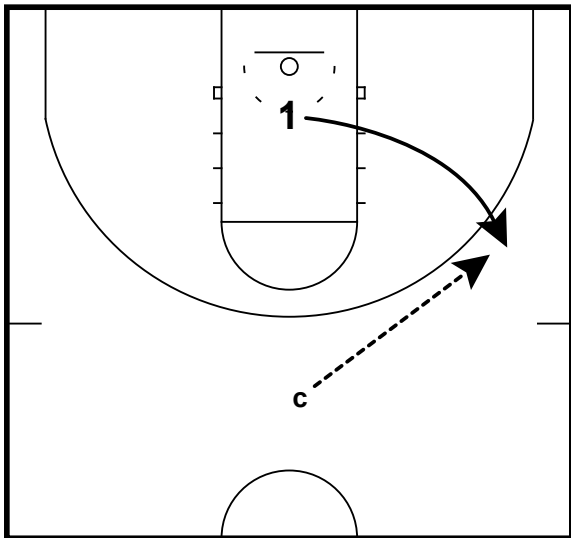
-5x each side
-10 total shots

Wing Jab Shooting series



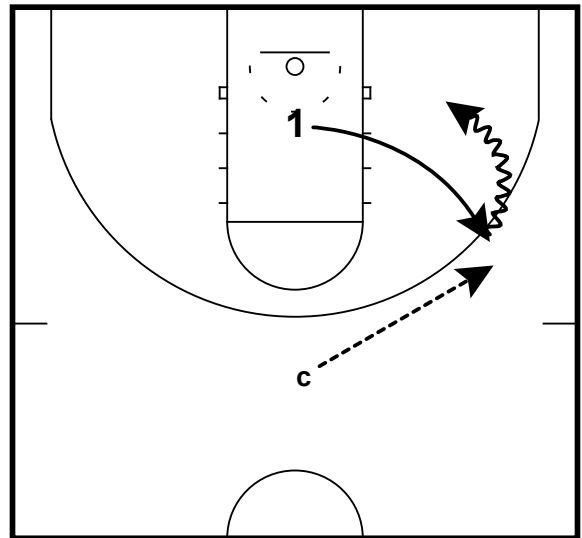
End all drills with a 1 and 1

Wing Jab Shooting series



Wing cut and Jab

Wing Jab Shooting series



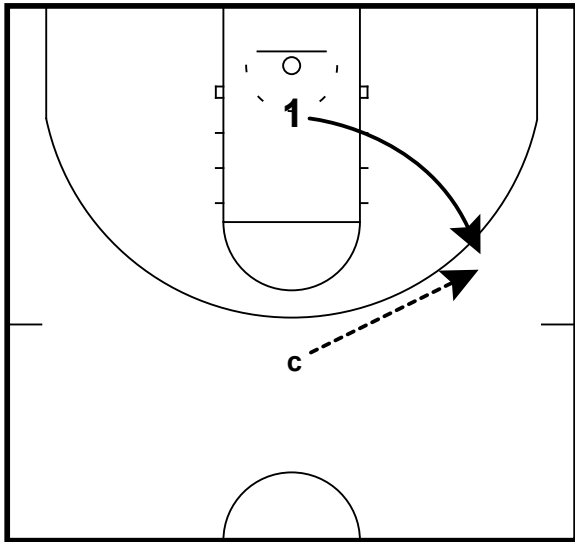
Wing cut and Jab
Shot fake and dribble pull up
Shot fake and attack the basketball

-5x each side
-10 total shots

Shooting and Skill Development Drills

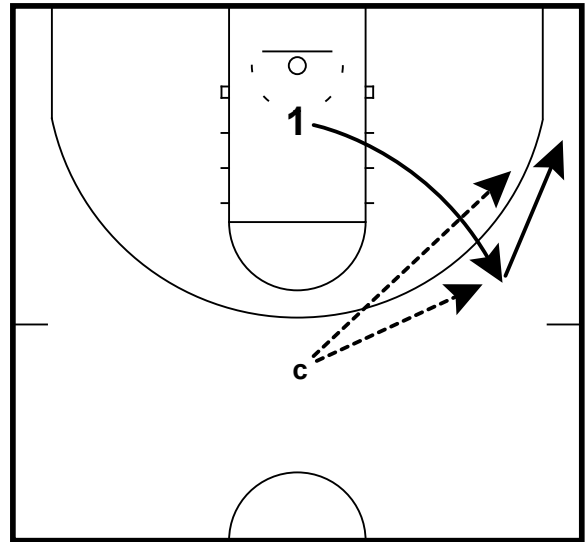
Individual Drills

Wing Jab Shooting series



Wing cut jab into a 3

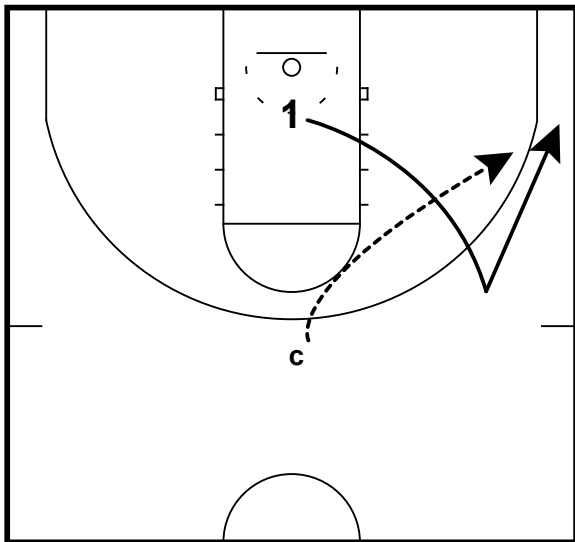
Wing Jab Shooting series



Wing cut jab to 3
Side dribble shoot

-5x each side
-10 total shots

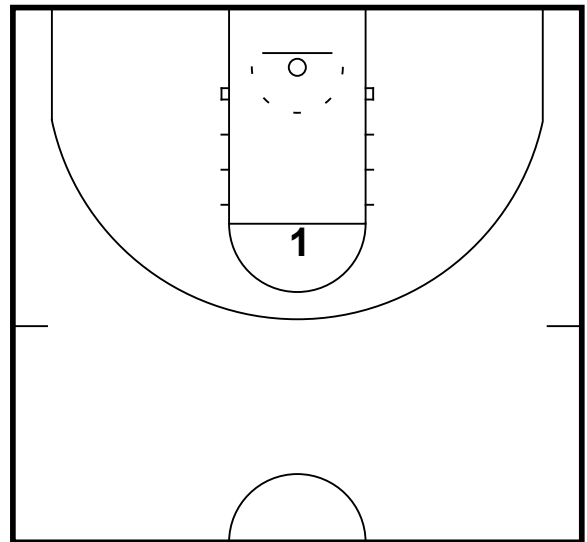
Wing Jab Shooting series



Wing cut flare to corner

-5x each side
-10 total shots

Wing Jab Shooting series

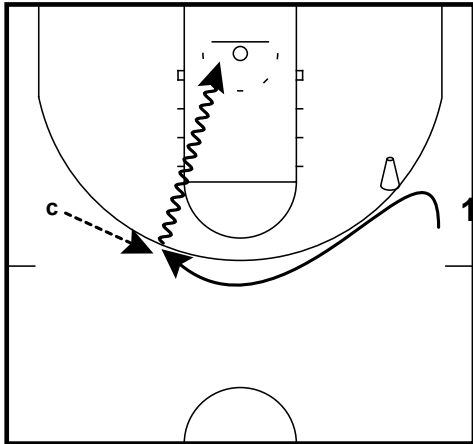


End all drills with a 1 and 1

Shooting and Skill Development Drills

Individual Drills

Wing Screen series



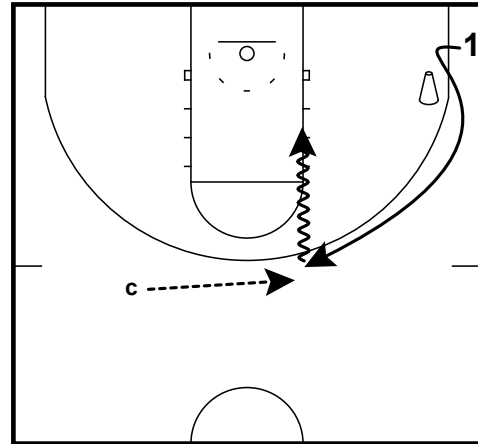
Moves to focus on

1. Catch and shoot
2. Pull up
3. Side step
4. Step Through
5. Step Back
6. Floater

-5x 2pt shot
-Repeat on opposite side
-10 shots total

End with a 1 and 1

Wing Screen series

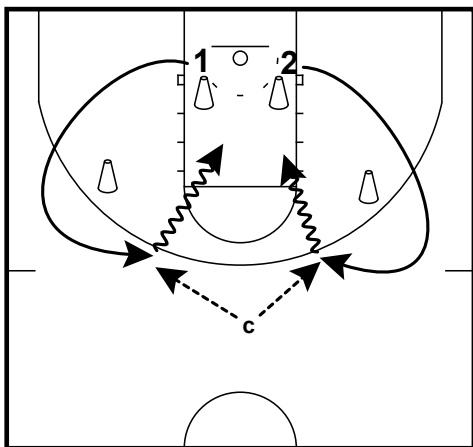


1. Catch and shoot
2. Rip moves
3. Catch and go

-5x 2pt shot
-Repeat on opposite side
-10 shots total

End with a 1 and 1

Wing Screen series

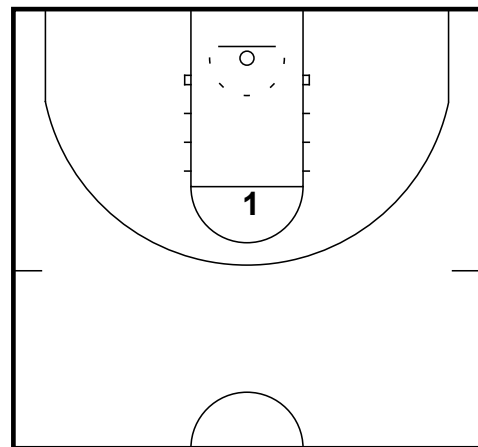


Best out of 10 from each side

Working on setting up cone as the defender and coming in tight off the curl with perfect balance to be ready to shoot

-5x 2pt shot
-Repeat on opposite side
-10 shots total

Wing Screen series

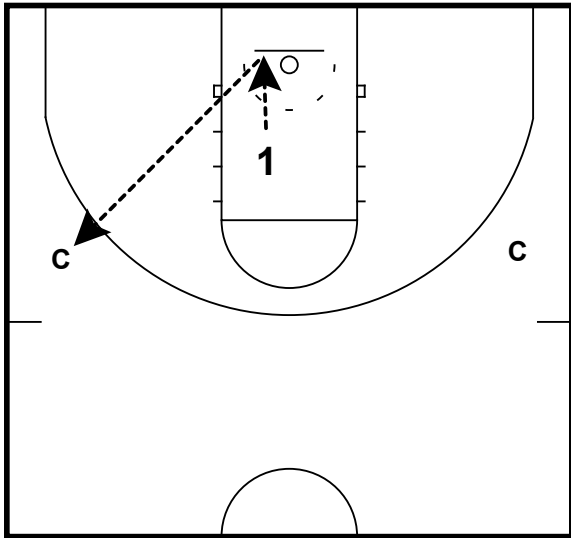


End with a 1 and 1

Shooting and Skill Development Drills

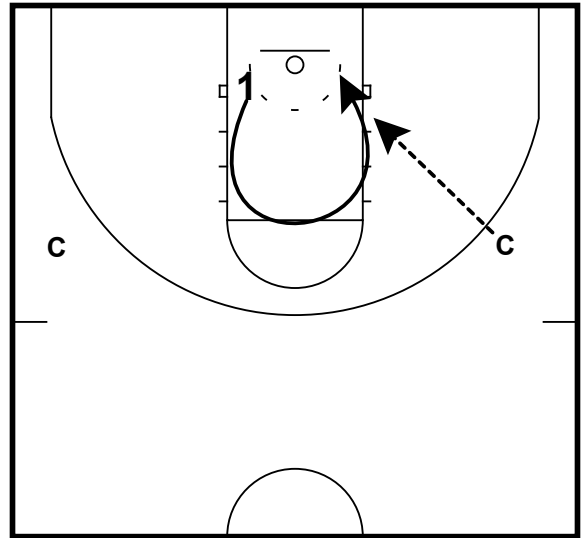
Individual Drills

X out layups



Get ball of the glass out let to coach

X out layups



Player then goes up to FT line then returns back down to the block to get pass from coach to finish at the rim

5x on each side

End with a 1 and 1