



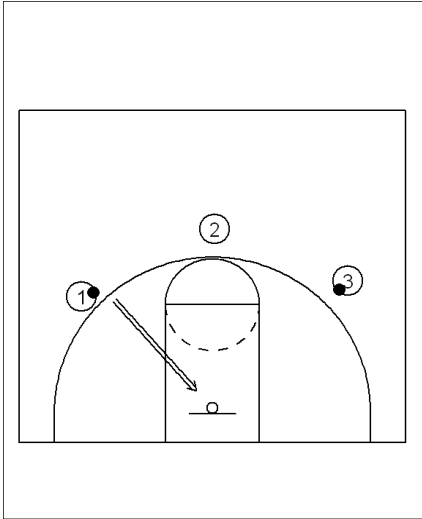
Contents

Shooting

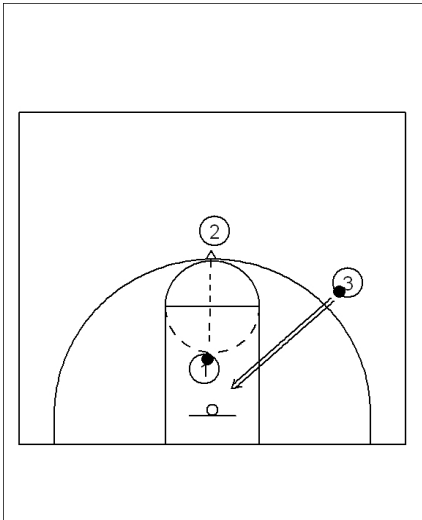
2 ball 3 person shooting	2
Corner shooting series	3
Double staggered screen drill	3
Draw and kick	6
Kick out and contest	7
Minnesota	8
Pass and shot	9
Perfection	10
Toss back shooting	10
Transtion shooting drill	11



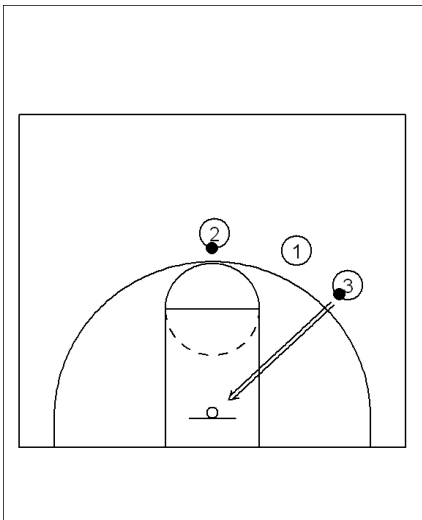
2 ball 3 person shooting



Player 1 shoots and then rebounds his shot.



As player 1 is passing the ball out to player 2, player 3 is shooting and getting his rebound.

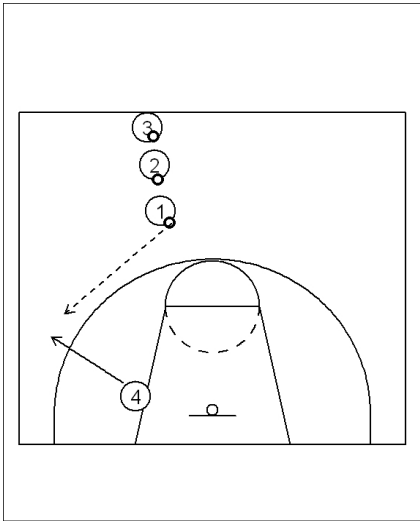


After player 1 passes out he finds a new spot on the arc and receives the pass from player 3 and the rotation continues.

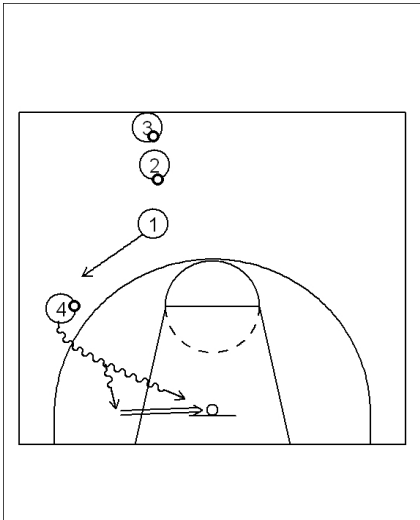
Then add a shot fake, dribble slide and shot.



Corner shooting series



player 4 breaks into corner and receives the ball from player 1.



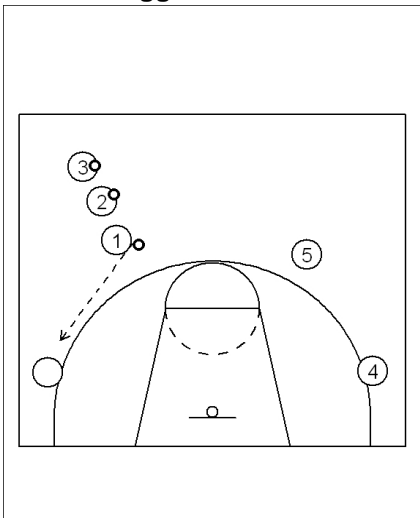
Player 4 rips the ball through and attacks the baseline taking a power lay up or pull up jumper along baseline.

Player 4 gets his own rebound and jogs to line.

Player 1 replaces player 4 and becomes the next shooting. (2 minutes on each side).

Then 2 minutes on each side of fake rip and cross back to middle drive with a pull up jumper in the middle of the lane.

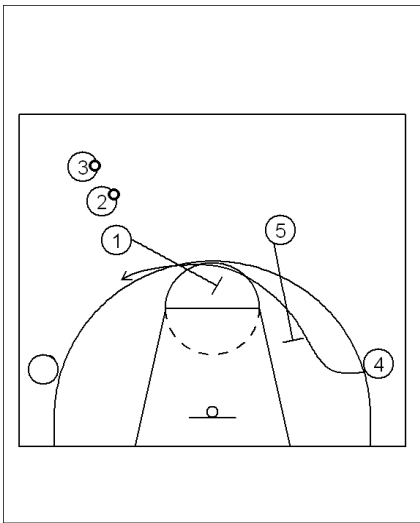
Double staggered screen drill



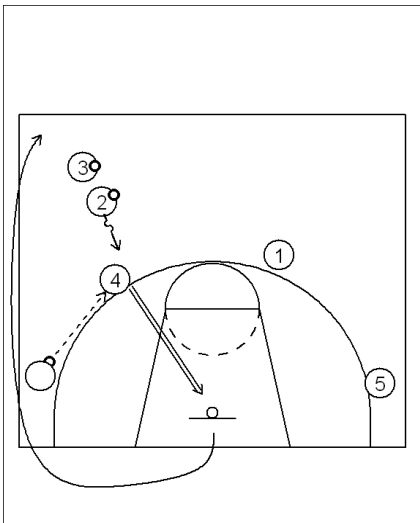
The drill begins with players in 3 of the 4 perimeter positions with a line of 3 players (each with a basketball) in one of the elbow positions. Player 1 initiates movement by passing the ball into the corner which is occupied by a coach or coaching assistant.



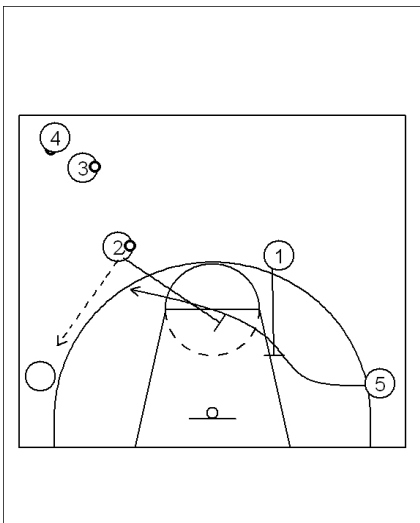
Shooting



Player 1 and player 5 set a double staggered screen for the far perimeter player, in this case, player 4. Player 4 should set his screen up by stepping down towards the lane and then rubbing off the screens shoulder to shoulder and executing a direct cut towards the ball.



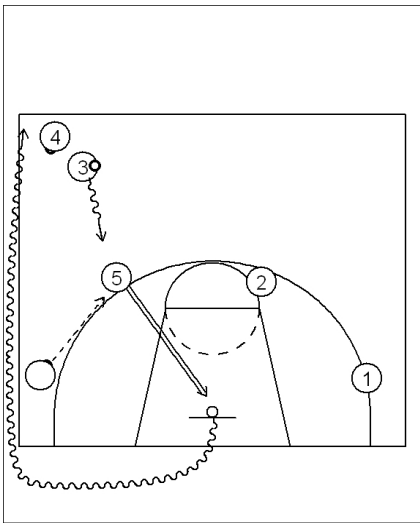
The coach passes the ball to the cutter (player 4) who takes the shot, gets his own rebound and hustles to the outside to the ball line. As soon as player 4 breaks to the basketball for his rebound, the next player in line (player 2) dribbles up to initiate the next phase.



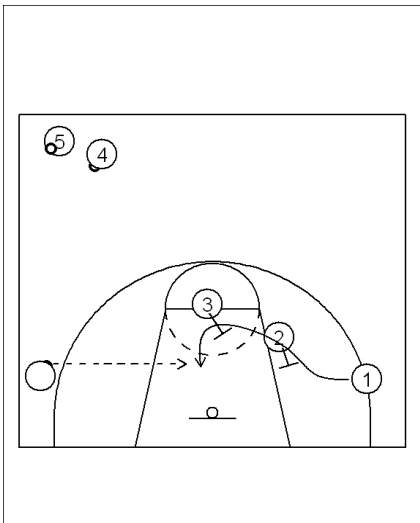
Player 2 passes the ball into the corner to the coach and then sets the double staggered screen with player 1. Player 5 sets up his cut and rubs off shoulder to shoulder for the next direct cut and shot.



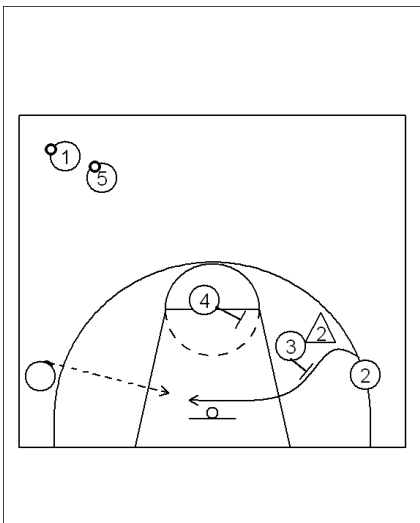
Shooting



The coach passes to the cutter (player 5) who shoots and rebounds and hustles out to the ball line to the outside. Player 3 dribbles up and passes to continue the drill.



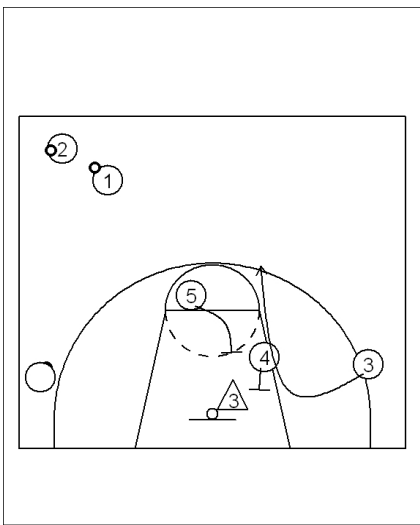
If the defender trails the cutter, the cutter should curl off the last screen and basket cut.



If the defender attempts to jump over the top of the screen before the cutter gets their, as shown by triangle player 2, then the cutter should set up his cut by breaking high and then back cutting off the first screen and to the basket.

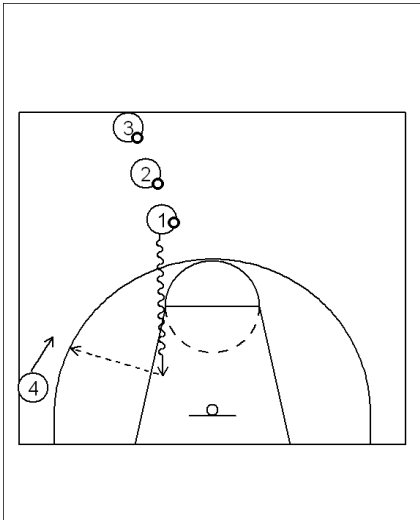


Shooting



If the defender jumps below the screen the cutter may attempt a fade cut as shown by player 3. The screeners must change the screening angles (Players 4 and 5).

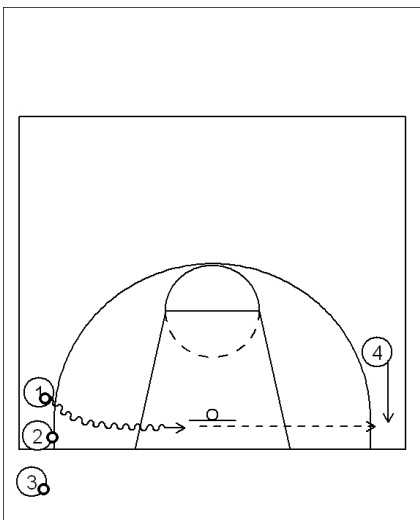
Draw and kick



Player 1 drives into lane, jump stops and kicks the ball out to player 4.

Player 4 shoots and rebounds the ball and jogs to line.

Player 1 replaces player 4 and becomes the next shooter.



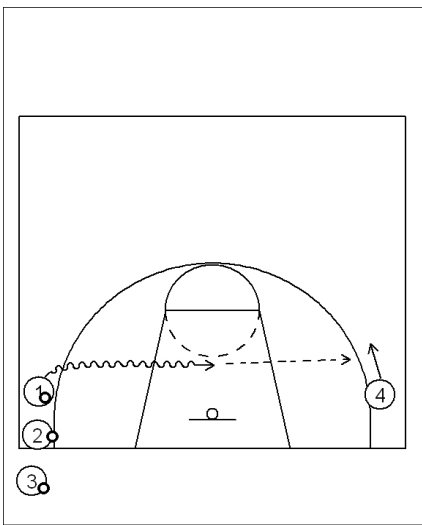
The drive comes from the corner along the baseline (player 1).

Player 4 slides down into the corner receives the pass and shoots, then rebounds and jogs to line.

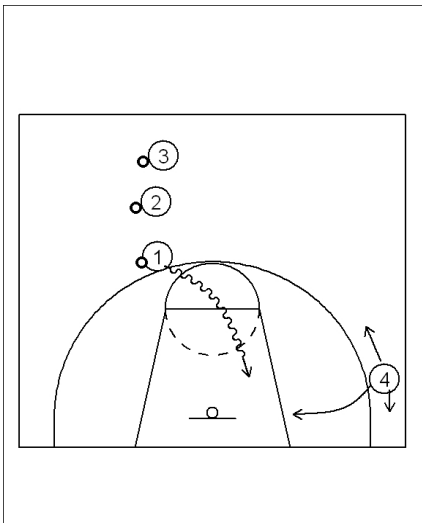
Player 1 becomes the next shooter.



Shooting

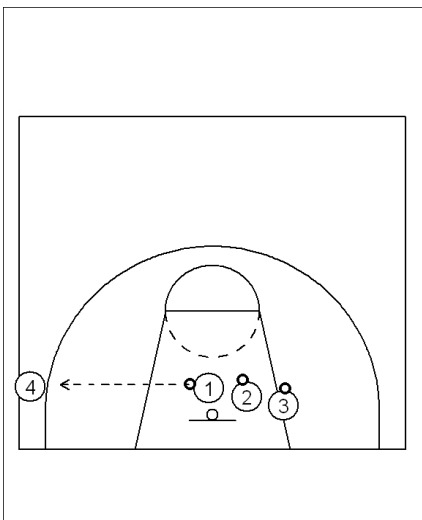


The drive then goes into the middle. Note that player 4 now slides up the improve the passing lane.



Player 1 drives the ball across the lane and attacks the opposite side of the rim. Player 4 can slide either direction and also could cut to the basket along the baseline. because of the unpredictable of player 4's cuts player1 must be under control with a jump stop.

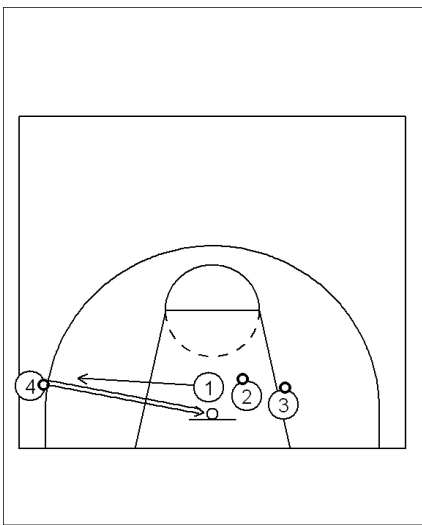
Kick out and contest



From under the rim, player 1 passes the ball to player 4.

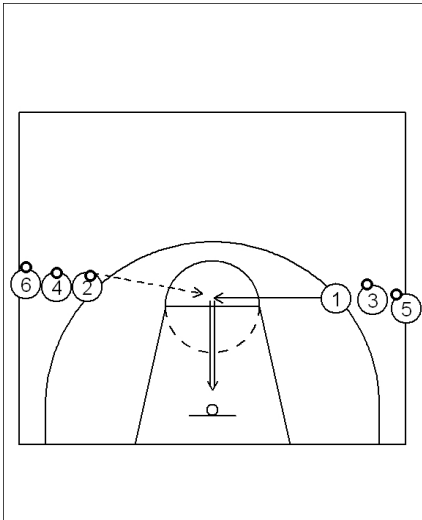


Shooting

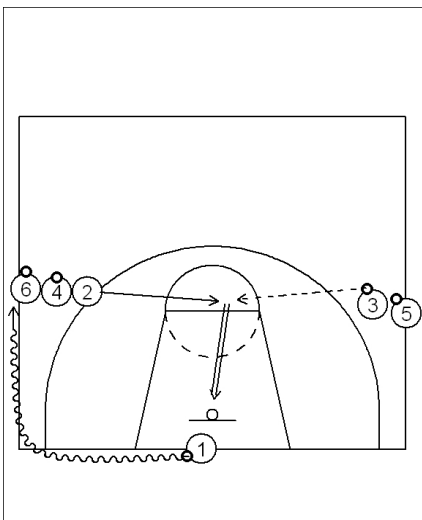


As player 4 shoots a step up shot, player 1 contests and then becomes the next shooter. Player 4 rebounds and jogs to the passing line under the rim. When player 4 gets to be the shooter again he should go to a different shooting spot. The whole group should shoot around the arc and back.

Minnesota



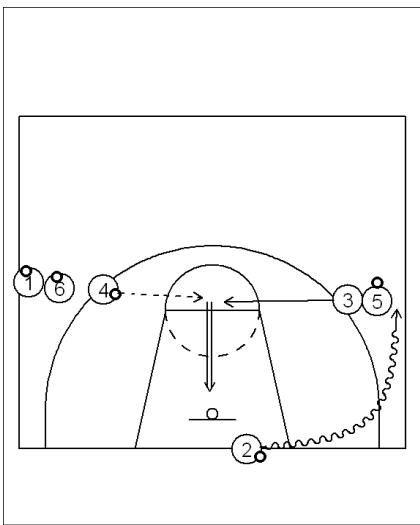
Player 1 cuts into the lane and receives the pass from player 2 and shoots.



Player 1 rebounds the ball and goes to the other line. After player 1 shoots and leaves the shooting area player 2 now cuts into the lane and receives the pass from player 3, and shoots the ball



Shooting



Player 2 rebounds his shot and jogs to the other line. Player 3 cuts into the lane for his shot and so on.

Variations and additions:

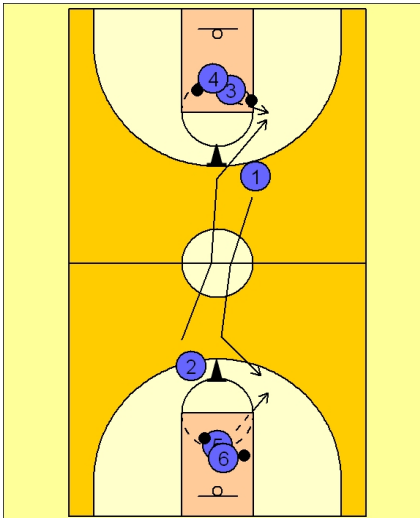
Basket cut

Shot fake cross over

Rip it back

catch and drive

Pass and shot

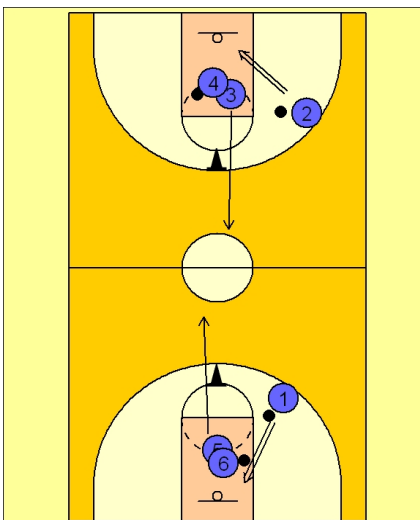


Minimal 6 players and 4 balls.

2 players with a ball are behind the free throw line in each of the two buckets.

Player 1 and 2 run to the other side of the court and make a move at the pylon situated at the top of the 3 point arc.

Player 3 and 5 pass the ball two player 2 and 1 who catch the ball and make a jump shot.



Player 2 and 1 take a shot, after rebounding the ball they go behind player 4 and 6.

Player 5 and 3 start moving after passing the ball.

The pass should be overhead as that is the way a center will mostly pass from inside the bucket.

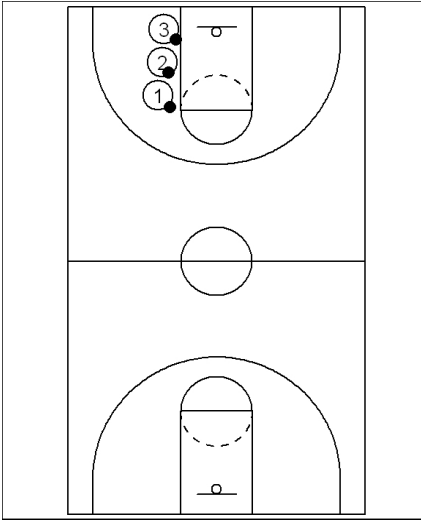
Variations

Instead of a direct jump shot. First a dribble and then a jump shot.

Or make a shot fake and with 1 dribble, going strong to the basket a lay-up.



Perfection

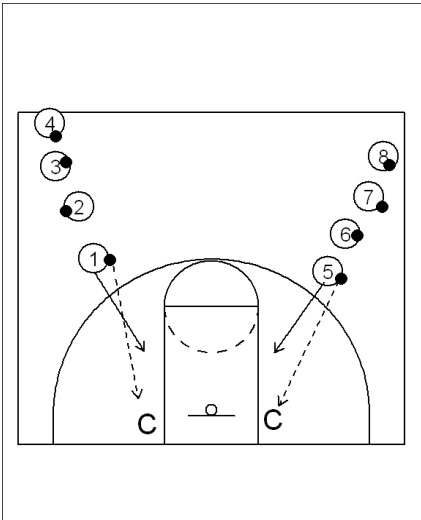


All members of the team have a basketball.

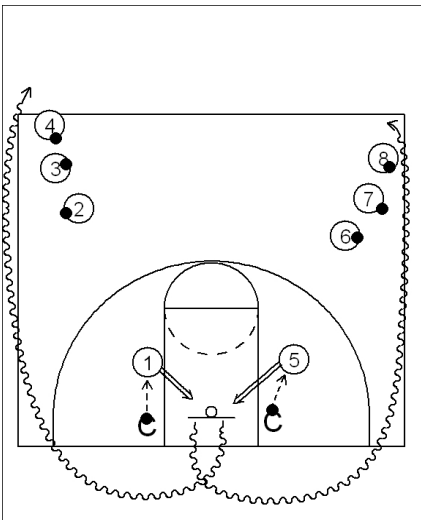
The team must complete the entire series down and back without a miss. Any missed basket and the team begins again. The series must be completed in 5 minutes or some type of conditioning is enforced. The next person or group cannot leave until the person or group in front of them is at half court.

1. full court lay up right side (only 4 dribbles)
2. full court lay up left side (only 4 dribbles)
3. 2 person side to side
4. 3 person weave
5. 4 person weave
6. 5 person weave

Toss back shooting



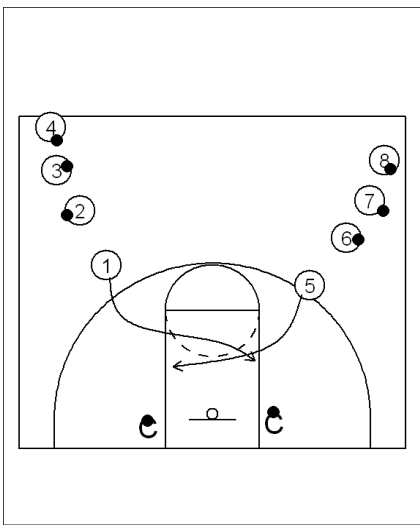
Everyone has a ball. First shooter passes the ball to a coach and cuts to the block.



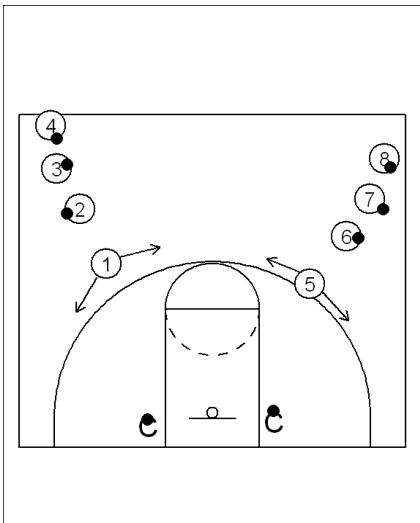
Coaches toss the ball back to the shooter who pulls up for a jumper just outside the lane. The shooter rebounds his own shoot and dribbles to the outside to repeat on the other side of the court.



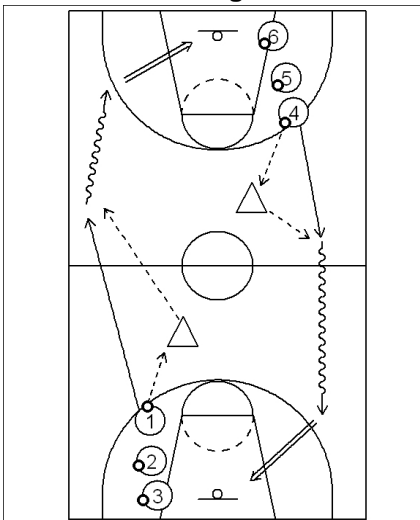
The next shot will be a cut across the lane.



The final 2 shots will be a pass and slide to the side and finally slide to the middle.



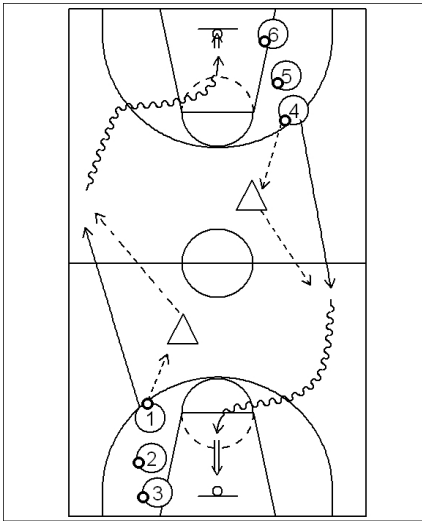
Transtion shooting drill



Triangles are passers. Everyone has their own basketball. 2 lines elbow extending on each side of the court. First player in line (1 and 4) passes to coach/player/manager, then cuts down sideline. The passer lets them break ahead and passes the ball up court to them. Players 1 and 4 then dribble up the arc (or comfortable shooting distance) and shoots. They get their own rebound and get into line. Next shooter leaves when they shoot (1 minute on each side, 2 minutes total).

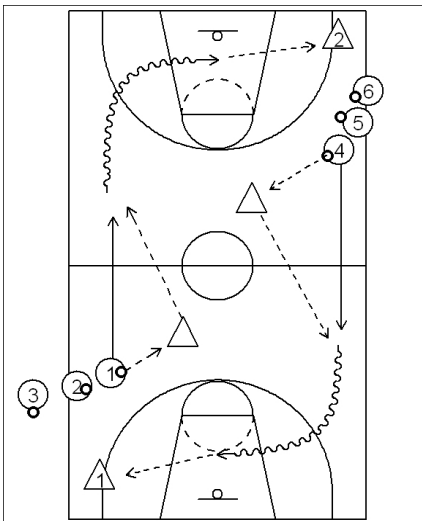


Shooting

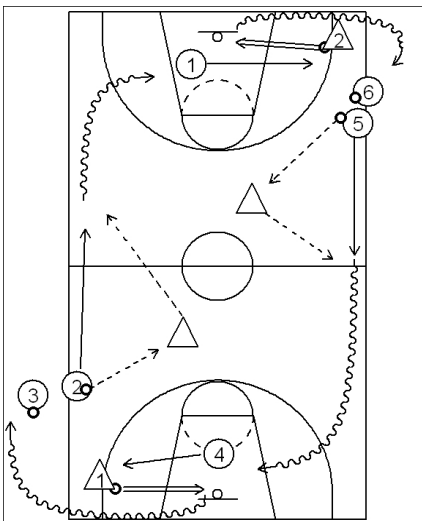


Same sequence only the shooter crosses over and drives into the lane and pulls up (1 minute on each side). Next shooter leaves when they cross over.

Final 2 minutes will be a double move and back to the baseline for lay up or pull along the baseline. Next shooter leaves after double move.



Players 1 and 4 pass to the passer and then break up the sidelines. The passer passes the ball them up court where they attached the sideline then cross over to attach the middle (put cones out to mark a defender), then jump stop and kick the ball out to the shooters in the corners (players triangle 1 and 2).



Triangle players 1 and 2 shoot the ball, rebound and jog to the line to that side. Players 1 and 4 replace the shooters in the corners. Players 2 and 5 pass to the passers to continue the drill once the triangle players shoot.