

# Drill

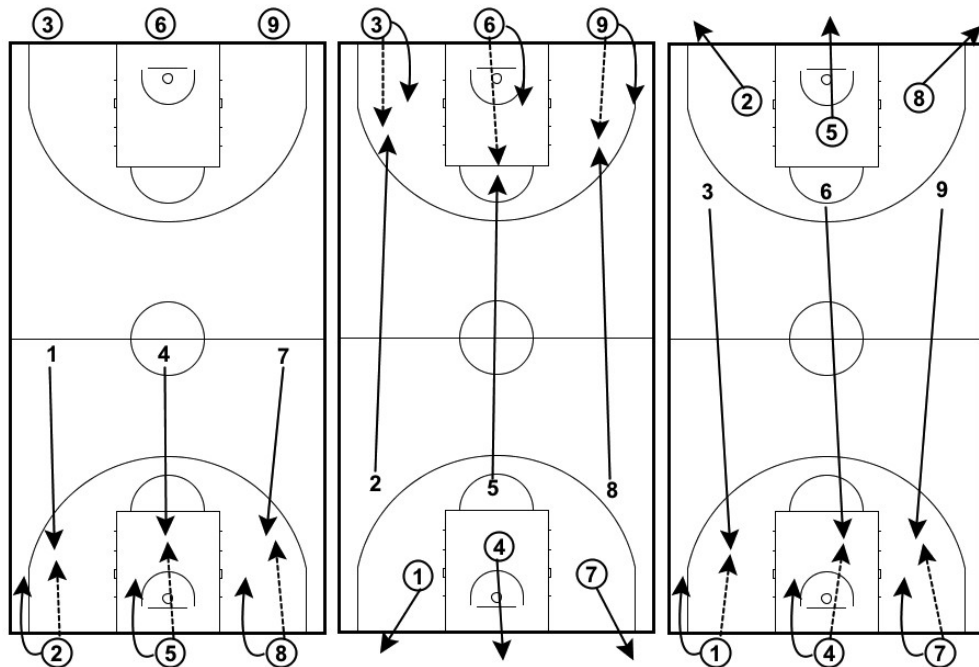
**Drill:** 9-Line Shooting (CP Full-court Shooting Drill)

**Goal:** Learning Goal: Practice good shooting technique while tired. Points of Emphasis: Stay low & balanced while calling for the ball & stepping into the shot.

**Equipment/#** - 3 squads  
**players** of at least 3  
**needed:** players - 6  
 basketballs

**Sketch:**

**Diagram:**



**Description:** Players line up along both baselines (one line under the basket & one line on each side). There is a ball at the head of each line. Three players line up at midcourt without a ball. Each side (left, middle, right) is its own squad & will stick together for the entire drill.

The players in the middle run towards the same baseline & spot up for a shot. The players on the baseline pass the ball & run down to the opposite baseline. The shooters rebound & take the ball to the front of their line. At the other end, the players spot up for shots & receive passes from those on the baseline. The squads continue to wave up & down, counting their score as a team. Each made shot is worth one point.

Teams shoot midrange catch & shoot jumpers for one minute, then one dribble pull-ups for a minute, followed by three point shots for a minute. Then, the lines shift one position to the right & repeat the same sequence. For the last three minutes, the teams shift to the right again &

repeat the order of catch & shoot, pull-ups & 3s. After nine minutes, the team with the highest total wins.

Time: Ten minutes. One minute for each type of shot in each spot.

Work:pause Ratio: 1:1

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**Load(s):**  Physical  Mental  Technical  Pressure  
 Social/emotional

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**LTAD stage(s):**  Fundamentals  Learn to Train  Train to Train  
 Train to Compete  Train To Win

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**Categorie(s):**  Ball Handling  Defense  Dribbling  Dynamic 1 on 1  
 Footwork  Fundamental Movements  Passing  Picks  
 Principals/Actions  Rebounding  Screens  Shooting  
 Static 1 on 1

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**Phase(s):**  A  B  C  D

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