

# Drill

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## Drill: **Drift-Lift Shooting (CP Half-Court Shooting Drill)**

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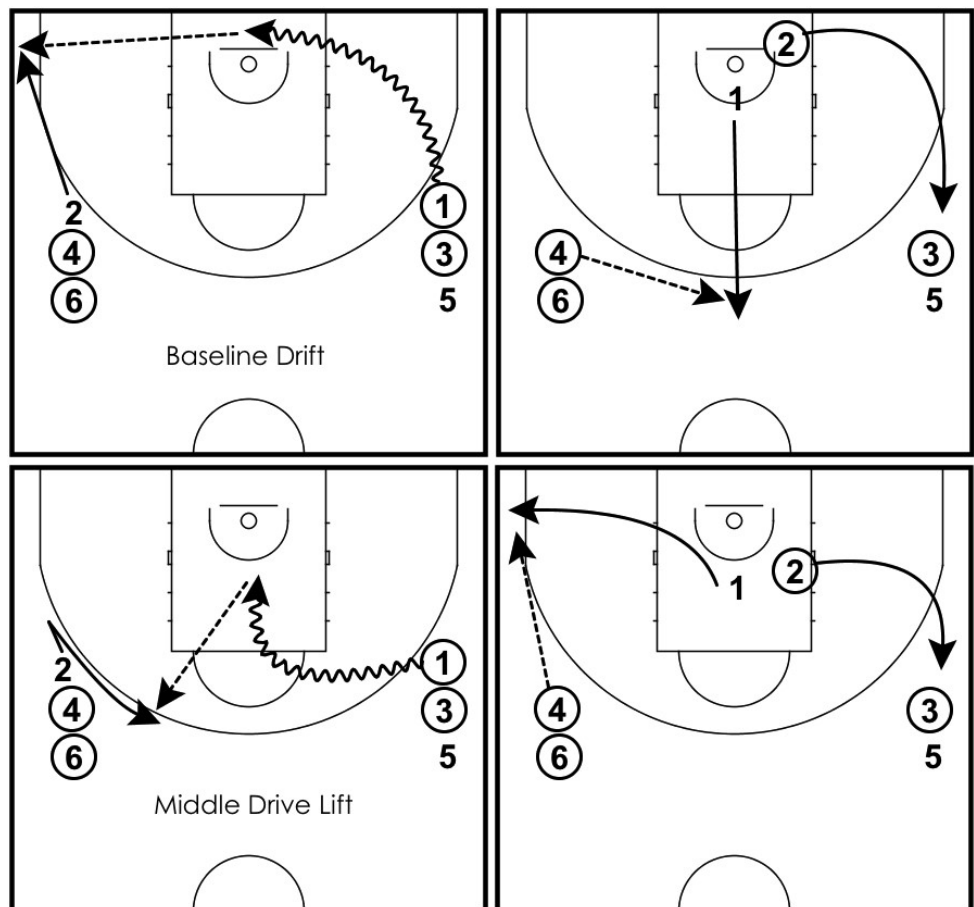
**Goal:** Learning Goal: Understand two-player drive & kick mechanics. Points of Emphasis: Drive into the paint & catch the ball ready to shoot.

**Equipment/#** - 6  
**players** - 6  
**needed:** 4 balls - 2  
coaches

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**Sketch:**

**Diagram:**



**Description:** Players line up on both sides of the court (foul line extended & three-point line). The first player on the right begins by driving the ball. The first player on the left side will drift or lift based on the direction of the drive so they do not need a ball.

Baseline Drift: If the dribbler drives to the baseline, the cutter drifts to the corner. The ballhandler drives into the paint & throws a one-handed pass to the opposite corner. After passing, the dribbler exits via the top

of the key & receives a pass from the other line.

Middle Drive Lift: If the dribbler drives middle, the cutter drifts for a step before lifting to the top. The ballhandler kicks the ball to the top of the key & exits to the corner for a shot.

Progression: Introduce coaches to play guided defense (force the ballhandler baseline or middle & rotate to contest the pass). A 2-on-2 advantage situation can also develop decision-making skills. A defender begins with their back to the ballhandler & must react after the dribbler makes their move. The other offensive player must move to maintain a good passing line with the ballhandler.

Rotation: Both players rebound their shots & take the ball to the other line. Practice both situations from both sides of the court.

Time: 6-8 minutes (2 minutes per shot, per side). 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