

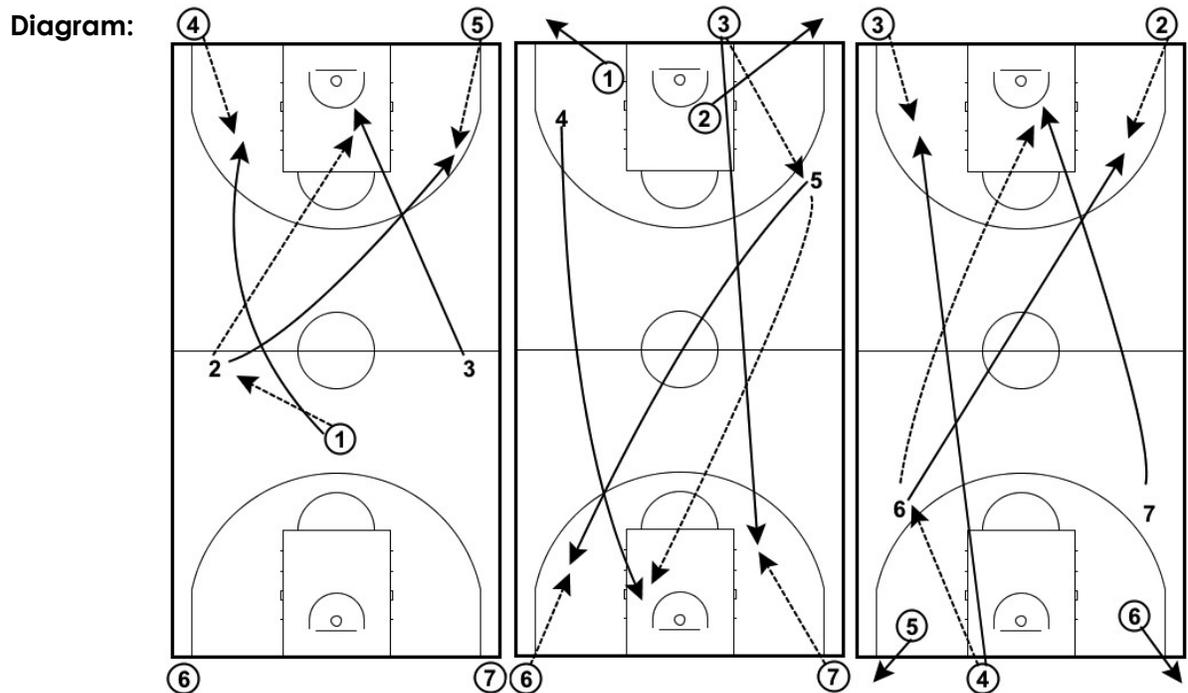
Drill

Drill: Italian Shooting (CP Full-court Shooting Drill)

Goal: Learning Goal: Develop transition basketball skills (ballhandling, passing, finishing). Points of Emphasis: Score early in the shot clock & maintain possession of the ball.

Equipment/# - at least 7
players - 5
needed: basketballs

Sketch:



Description: Lines form in each corner of the fullcourt with balls at the front of the line. In the middle of the court, there are three players & the middle player has the ball. Extra players line up in the corner & wait their turn.

When the drill begins, the middle player outlets the ball to one of the wings. The other wing runs to the basket & receives a pass for a lay-up. The players try to score with a minimum number of passes & dribbles. Everyone follows their passes; the two players who do not score receive passes from the corner for a shot.

The player who scored takes the ball out of bounds for the inbounds & stays in the drill. The passers who were in the corners are now in the drill. The inbounder makes an outlet pass to one player & the other runs to the rim. The non-scoring players get passes from the corners and the rotation is the same as it was at the other end.

Progression: The players begin by shooting midrange shots, then one dribble pull-ups & three-point shots. For an experienced team, give them a points target (such as 120 in 5 minutes: lay-ups are 1pt, midrange jump shots & pull-ups are 2pts & 3s are 3pts).

Time: 6 minutes. 90 seconds of midrange shots, pull-ups going right, pull-ups going left & 3s. Work-Pause Ratio: 1:1

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

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

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

Phase(s): A B C D