

Drill

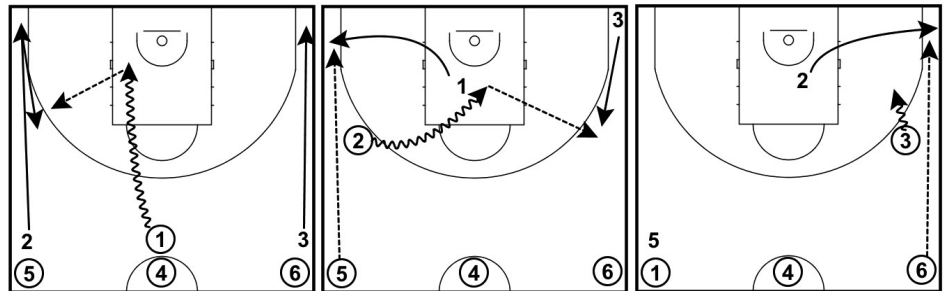
Drill: **Memphis (CP Half-court Shooting Drill)**

Goal: Learning Goal: Catch & shoot in dribble drive situations. Points of Emphasis: Drive the ball deep into the paint.

Equipment/# - >6
players players
needed: - 4
balls

Sketch:

Diagram:



Description: The players form three lines at halfcourt (the middle of the court & the two wings). The middle player drives the ball into the paint & the two wings run wide & deep to the corners. The dribbler kicks the ball out to one side & exit cuts. The new ballhandler drives into the middle & passes to the third player before exit cutting. The new players in the side lines pass the ball so the players who exit cut could get a shot. Players rebound their own shot & rotate one line to the right.

Progression: Begin with catch & shoot midrange shots before attempting one dribble pull-ups & three point shots.

Time: 5 minutes. 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

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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