

Drill

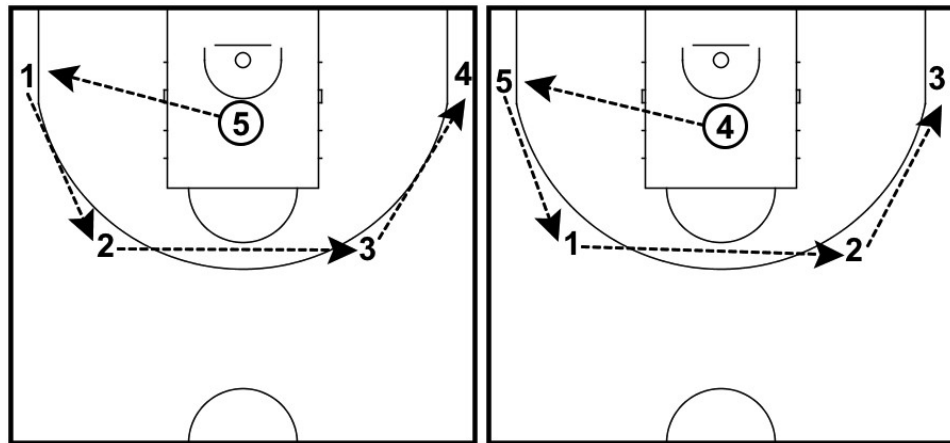
Drill: **Ottawa Shooting (CP Half-court Shooting Drill)**

Goal: Learning Goal: Catch & shoot corner 3. Points of Emphasis: Throw passes on time & on target.

Equipment/# players needed: - Squads of 5-6 players - No more than 2 balls per side

Sketch:

Diagram:



Description: Players line up in the corners & the wing positions. One player is in the middle of the key with the ball. If there are extra players, they can form a line behind the player in the first corner.

The player in the middle of the key throws the ball to the corner. The ball is swung around the three-point line with outside passes until it reaches the opposite corner & the last player shoots. Everyone follows their shot & moves to the next position. The shooter rebounds their shot & outlets the ball to the first corner.

Progression: Coaches can close out the corner to defend the shooter. The shooter can read whether there is time to shoot it or whether they should bounce it & attempt a pull-up.

Time: 6 minutes. Shoot for 3 minutes from the right corner & 3 minutes from the left corner (ball is passed in opposite direction). Each squad should count their makes. 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

Phase(s): A B C D
