

Drill

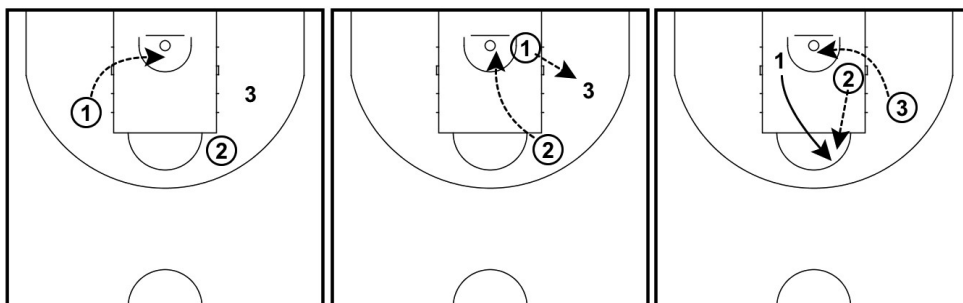
Drill: **Popcorn Shooting (CP Shooting Drill Phase A)**

Goal: Learning Goal: Shoot with good form. Points of Emphasis: Throw good one-handed passes & remain balanced when cutting.

Equipment/# - 3
players players
needed: - 2
balls

Sketch:

Diagram:



Description: At each hoop, there are three players & two balls. The first player shoots & rebounds their shot. As the first player is rebounding the ball & passing to the open player, the second player shoots. Players are continuously shooting, rebounding, passing & cutting to new spots.

Progression: Work on different types of shots: shots in the paint, mid-range pull-ups & 3pt shots.

Time: Count the number of makes in three 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

Phase(s): A B C D

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