

Drill

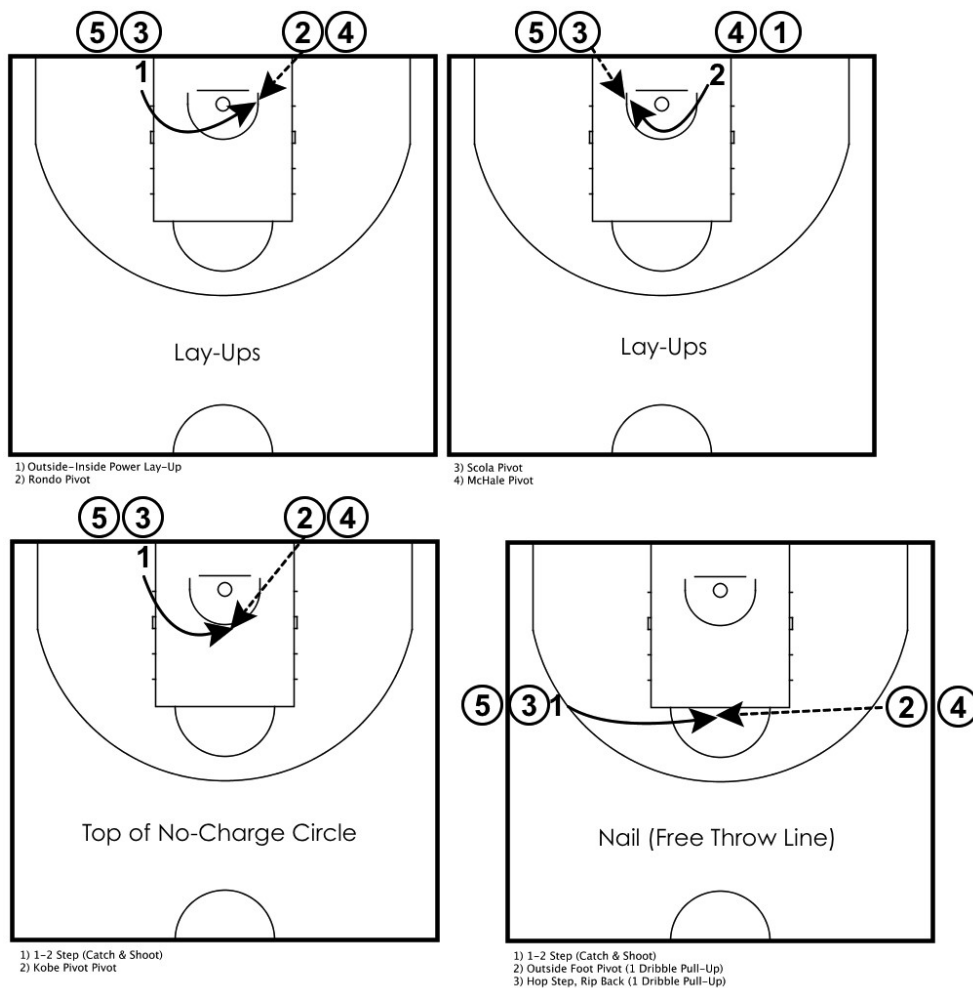
Drill: Scottish Shooting (CP Half-court Shooting Drill)

Goal: Learning Goal: Perfect basic footwork for finishing in the paint & shooting. Points of Emphasis: Use good technique for shooting & passing.

Equipment/# - 6
players players
needed: - 3-4
 balls

Sketch:

Diagram:



Description: Players line up at the free throw lane & the baseline. The first player does not have a ball but the next few players do. The first player curls through & gets a pass from the player on the other side. After passing, the passer cuts through & gets a pass from the opposite side. Rebound your own shot & take the ball to the other line. Through one-handed passes with the outside hand. Practice good communication.

The drill provides repetitions using the basic building blocks required to finish inside & shoot. Begin with outside-inside power lay-ups finishes (the foot farthest away from the defense is the pivot foot). Add Rondo (outside-inside stop, front pivot to the middle), Scola (front pivot to the middle, reverse pivot back to the starting position) & McHale pivots (front pivot & step through).

Progression: Shoot at the start of the no-charge circle. Use a 1-2 step (inside foot is the pivot foot) to catch & shoot & a Kobe pivot (1-2 step, reverse pivot & front pivot back to the starting point). Move the drill to the foul line extended & shoot from the nail. Practice catch & shoot (1-2 step), 1 dribble pull-up continues (outside foot pivot) & 1 dribble pull-up rip-backs (hop step).

Time: 5 to 8 minutes. One minute per finish. 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