

Drill

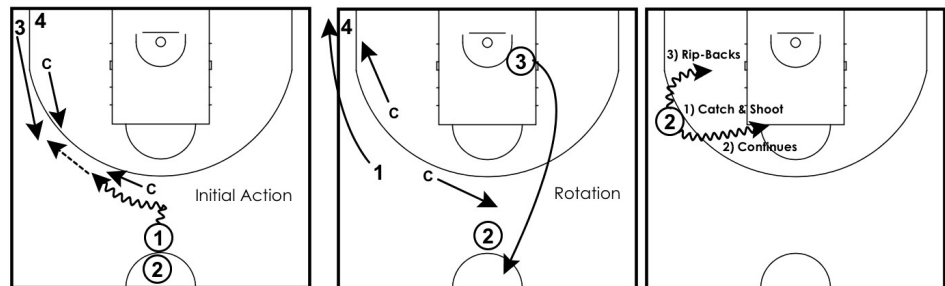
Drill: **Wing Shooting (CP Half-court Shooting Drill)**

Goal: Learning Goal: Catch the ball at game speed & shoot. Emphasis: Take a long step into the shot.

Equipment/# - 4-6 players
players - 2-3 balls - 2
needed: coaches

Sketch:

Diagram:



Description: The player at the top of the key dribbles the ball towards their teammate, who blasts out of the corner. The ballhandler throws a one-handed pass to the cutter who takes a long step into the shot, executes a 1-2 step & shoots the ball. The passer goes behind the shooter & lines up in the corner. The shooter rebounds the ball & takes it to the top of the key. Two coaches play guided defense.

Progression: After catching & shooting, work on continues & rip-backs. To execute a continue move, the player establishes their outside foot as the pivot foot & continues in the same direction, finishing with a one-dribble pull-up at the foul line. To execute a rip-back move, the player hop steps on the catch, rips the ball back towards the baseline & shoots a one-dribble pull-up. Introduce moves such as a V-Cut or sealing & catching.

To create a Phase B drill with guided defense, the coach can give the player a read (trail the cutter for a continue, jump the passing lane for a rip-back, gap the cutter for a catch & shoot). For a Phase C/D drill, play 2-on-2 out of the drill situation & introduce situations such as dribble push entries, post play & cutting if the shot is unavailable.

Time: 8-10 minutes. Work on each type of shot for about a minute before switching sides. Squads can also compete to make a set number of shots. **Work:Pause:** 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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