



Storm Shooting

CB's Coaching Education and Development

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Objective:

This is a competitive shooting drill used to practice three point shots, teamwork and pressure foul shooting. An excellent cool down shooting drill.

Age / stage:

This drill can be used with all ages if you modify the distance and number of required shots. With very young players (under 8 years old) it is not necessary to have a competition against the other group.

Organization:

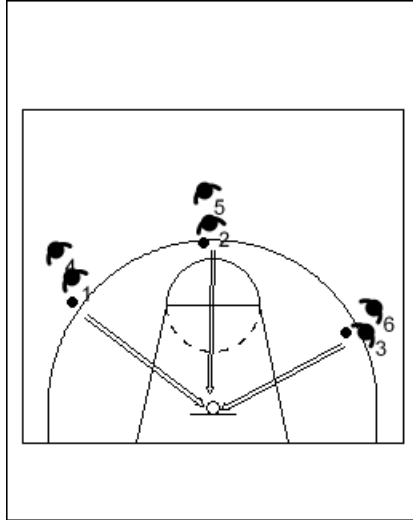
Two teams of six players with three basketballs per team. Each team starts at a basket with three players ready to shoot. The remaining players line up behind the shooters.

Note: The drill could be done in smaller groups and for closer shots with younger players.

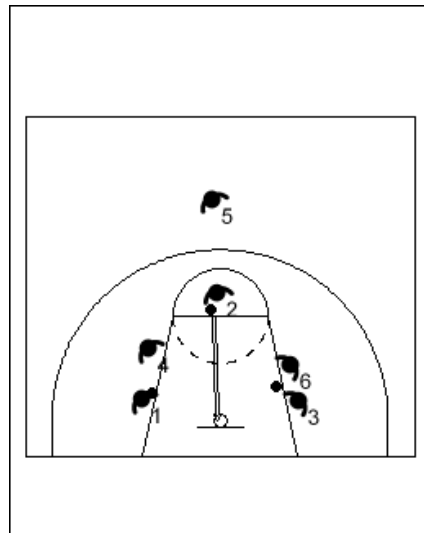
The shooters can shoot from any where outside the three point line. After shooting retrieve your rebound and pass to one of the players with out a ball.

The team is keeps track of their made shots working to score five baskets.





After five baskets have been scored one player steps to the foul line and must make two consecutive foul shots. Once the two shots are made the team goes back to shooting three point shots.



Once five shots are made another player steps to the foul line to make two consecutive shots. This pattern continues until all players have made two consecutive foul shots.

Key points:

- Very self directed drill
- Players work together / communicate
- Be ready to shoot

Load the drill

- Change the type of shots
- Change the number of made or missed shots
- Change the number of foul shot
- Contested shots

Created with [Basketball Playbook](#) from Jes-Soft