



# Two in a Row Shooting

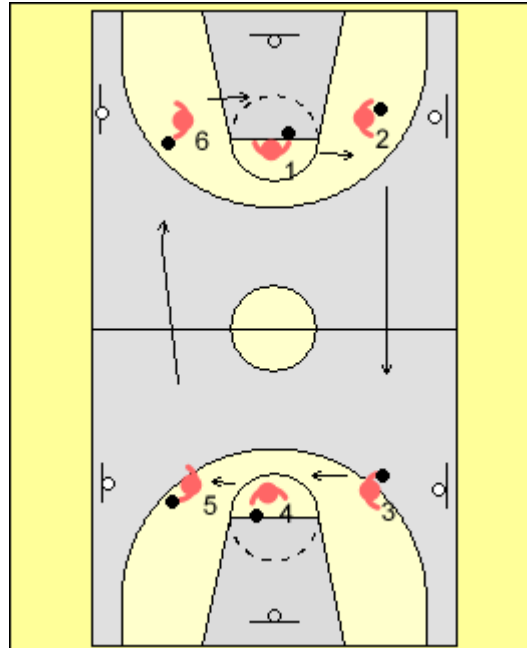
## CB's Coaching Education and Development

### Two in a row

Each player starts at a basket with a ball.  
You can have multiple players at a basket.  
The coach calls out the type of shot.  
i.e. "Foul shot"

The player must make **two in a row** before rotating to the next basket. Note: you could have a total number of shot to make as another option. The players move around the gym making two in a row at each basket. The first player to return to his/her original basket wins. This is an excellent cool down game and works on pressure foul shots.

You can also have other shots. This gets a little more intense and is no longer cool down, but great conditioning.



i.e. - Elbow jump shots. The players toss the ball to elbow catch square and shoot. They follow and toss to the opposite elbow for the next shot.

### Options

Have a designated shot at each basket.

- i.e. basket #1 - right hand layup
- #2 - left hand layup
- #3 - foul shot
- #4 - right hand jump shot
- #5 - left hand jump shot
- #6 - 3 point shot

You can decide how many in a row you require. Maybe they only have to make one three point shot but 3 right hand lay ups in a row. The players make the designated shots and then rotate.