

# Drill

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## Drill: Spot Shots

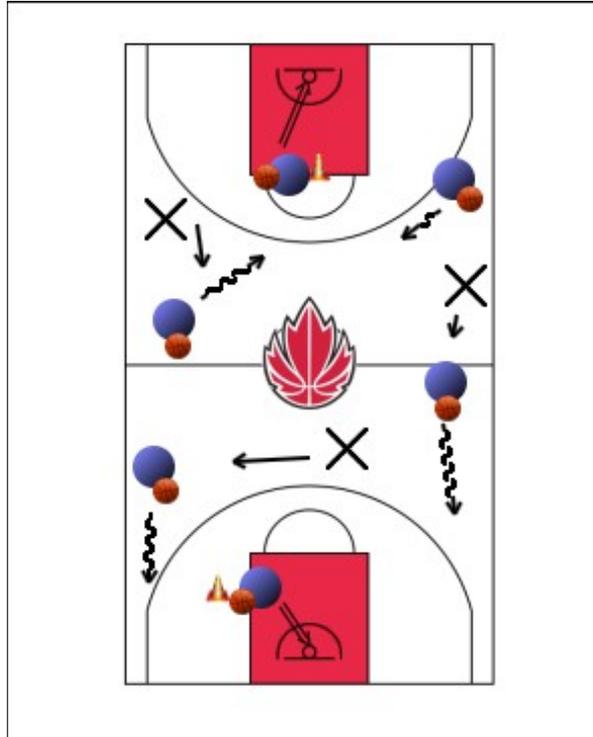
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**Goal:** -Develop skills and understanding of shooting -Get athletes used to game-like scenarios -Get athletes' heart rate up (warm up)

**Equipment/#** • 1 basketball  
**players** per person. •  
**needed:** 3-6 cones. •  
3-5 pinnies.

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**Sketch:**



**Description:**

- Depending on your numbers, select 3 to 5 players to be "It" and identify them as such by having them wear a coloured pinnie.
- Set one cone out in front of each hoop at varying distances.
- Have each player, including the "Its", get a basketball.
- The object of this game is to avoid being tagged by the "Its" while dribbling around the gym.
- Players tagged by an "It" must immediately dribble over to a cone, stand beside it, and attempt to score in the corresponding hoop. They only get one shot. If they miss their shot, they must hold their ball high over their head and immediately run to another cone at another hoop to try to score.

- The reason for running with the ball held over their head is to show the “Its” that they are proceeding to another hoop to try and score; this will guarantee that they do not get tagged repeatedly while they move from hoop to hoop.
- The minute a player scores, he or she is back in the game.
- Switch “Its” often to keep the game fast, fresh and exciting.

Variations:

- Players attempting to rejoin the game cannot retry a hoop until they have visited all other hoops.

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**Load(s):**  Physical  Mental  Technical  Pressure  
 Social/emotional

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**LTAD stage(s):**  Fundamentals  Learn to Train  Train to Train  
 Train to Compete  Train To Win

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**Categorie(s):**  Ball Handling  Defense  Dribbling  Dynamic 1 on 1  
 Footwork  Fundamental Movements  Passing  Picks  
 Principals/Actions  Rebounding  Screens  Shooting  
 Static 1 on 1

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**Phase(s):**  A  B  C  D