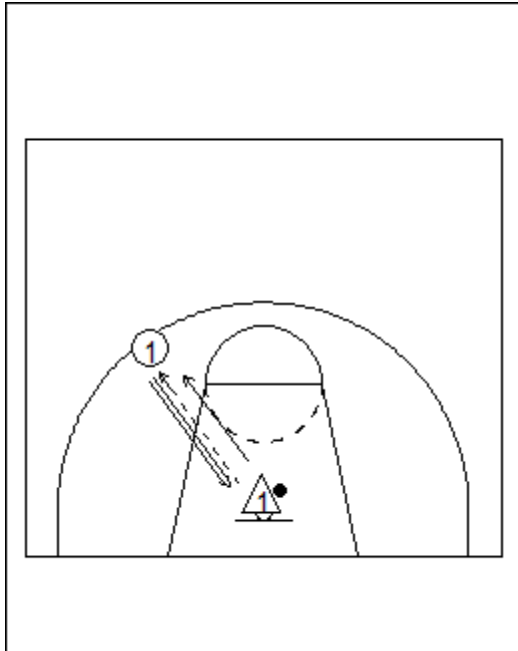


Contested Shooting

CB's Coaching Education and Development



Contested shooting

Pass and replace get a hand in the face

X1 passes the ball to 1 who is ready to shoot. X1 runs to contest the shot. 1 must read the defense, shoot or up fake and drive. The players then switch roles. X1 receives the pass from 1. Mix up the spots from which the shot is taken.

Keep score

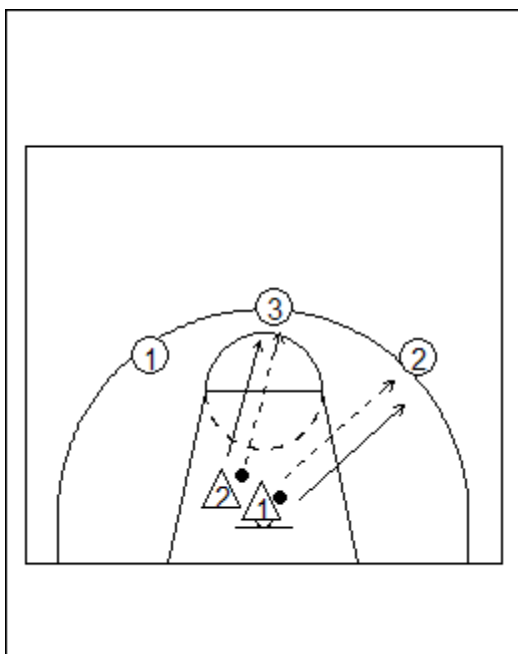
Have a target.

Number of reps

Number of shots

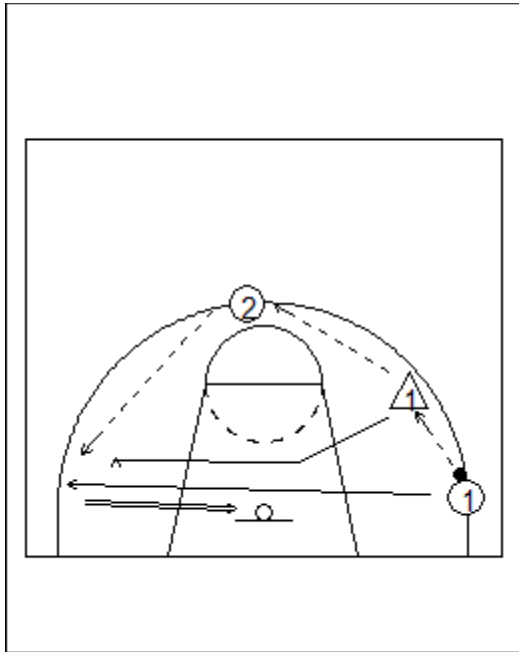
Number of makes

Time limit



5 player contested shooting

The same drill can be done with 5 players at a basket. Three perimeter players and two passers. The concept is the same; pass contest become a shooter. Shooter becomes a passer.



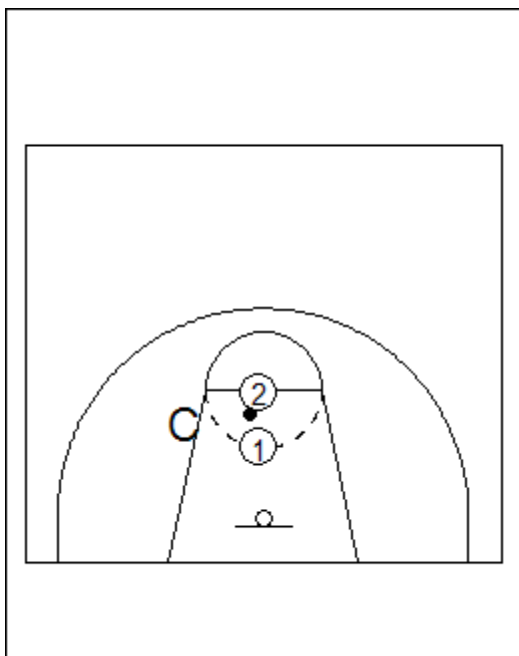
Pass and cut contested shooting

1 passes to X1 and immediately runs to a shooting spot. X1 passes to 2 and then chases to play defense. 2 passes to 1 who looks to shoot.

Read the defense.

Give more points for getting off the outside shot. You may have to restrict the defense by requiring him / her to run around a pylon first to slow them down. If the offense is too fast add a second passer.

Mix up the spots and shots

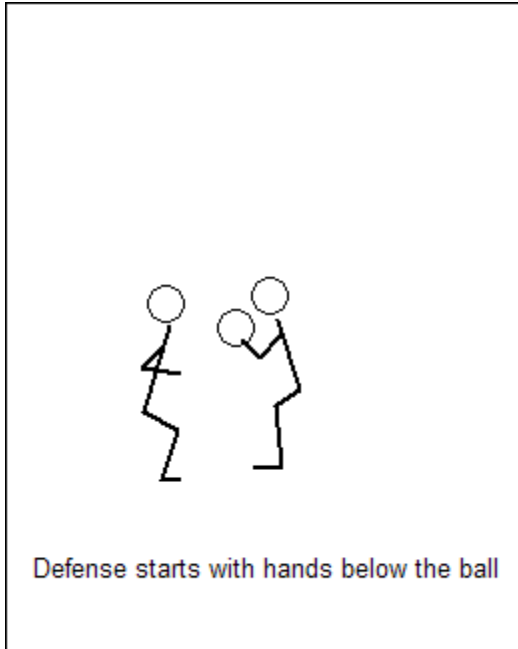


Stationary

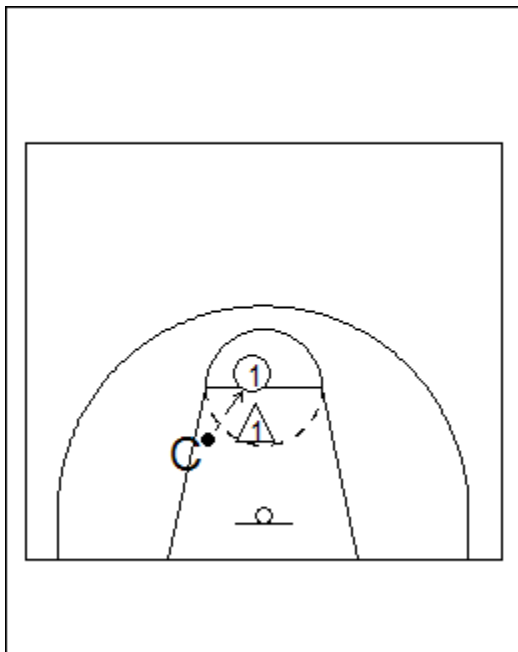
Player 1 starts with his/ her hands below the ball. Player 2 starts with the ball in his/ her shooting pocket.

On any movement by player 2, player 1 attempts to block the shot with the proper hand.

This is an excellent drill to teach a high quick release shot.



The key is to teach the offensive player to have a quick high release shot. It is also to develop confidence in the offensive player that he/ she can shoot when closely guarded if the hands are down.

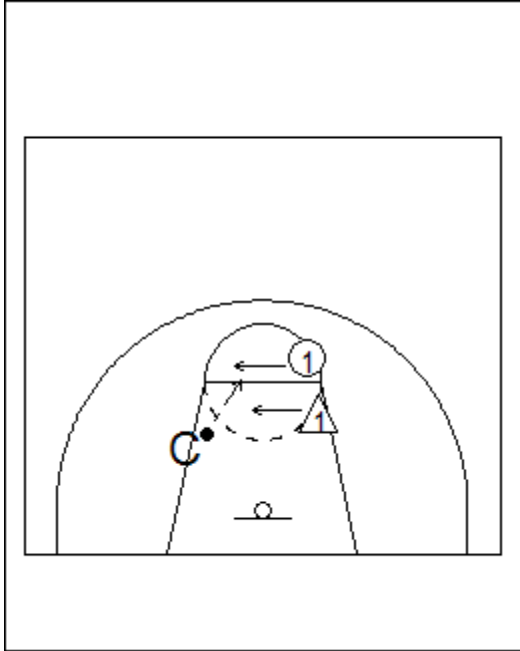


Stationary off the catch

This is the same drill except the offensive player receives a pass from the coach. He/she must be ready to shoot quickly. The defense starts with low hands and challenges the shot on the first movement.

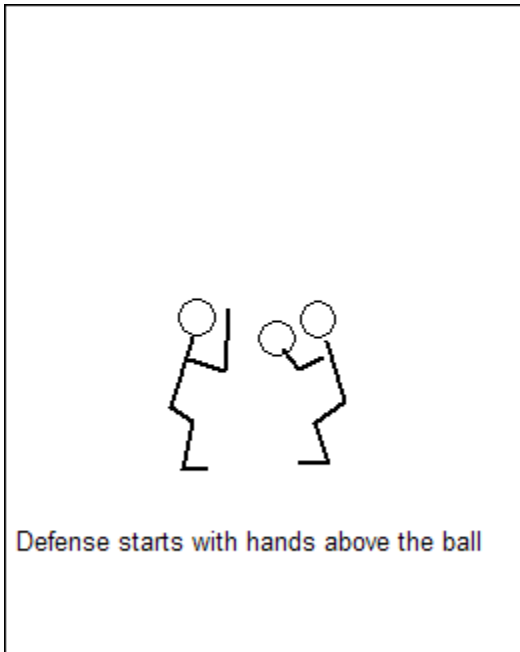
Use different spots.

A good technique is to use the range finder. The player stays in one spot until he/she can make three in a row. Then back up. Two consecutive misses switch (with younger players you may have to change this by allowing more misses).



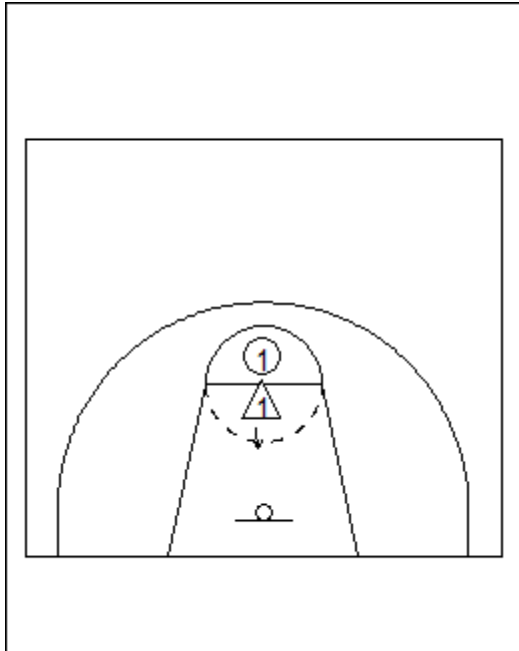
Moving into a shot off the catch

The players now work on cutting into the shot using the appropriate footwork. Be sure to use different angles for the pass and cuts into the shot.



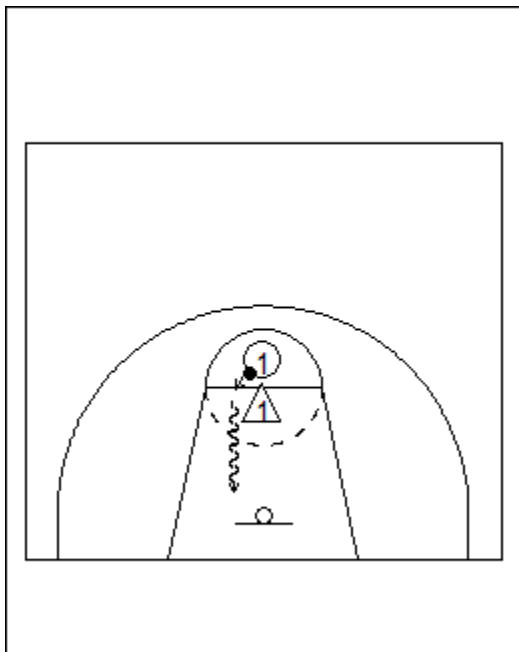
The key is to read the hands of the defense. The offensive player must now use fakes to break down the defense.

Note: This is in the control part of the offense when the defense has not given the offense an opportunity to make a quick attack move, like a sweep and go.



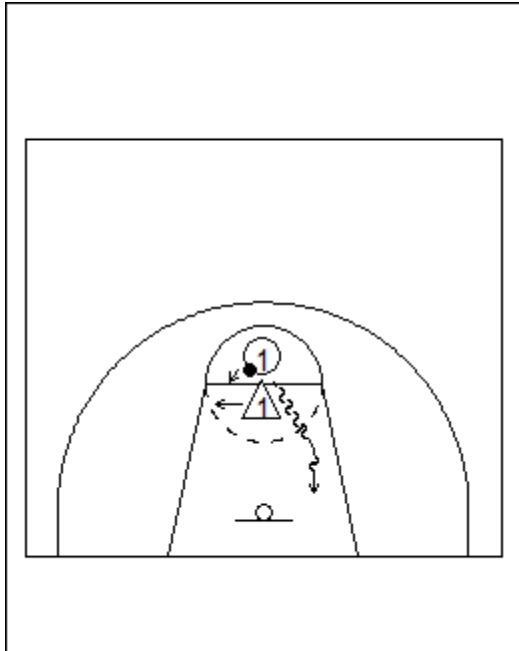
Jab fakes

If on the jab the defender jumps back and lowers the hands the offensive player looks to come shoot.



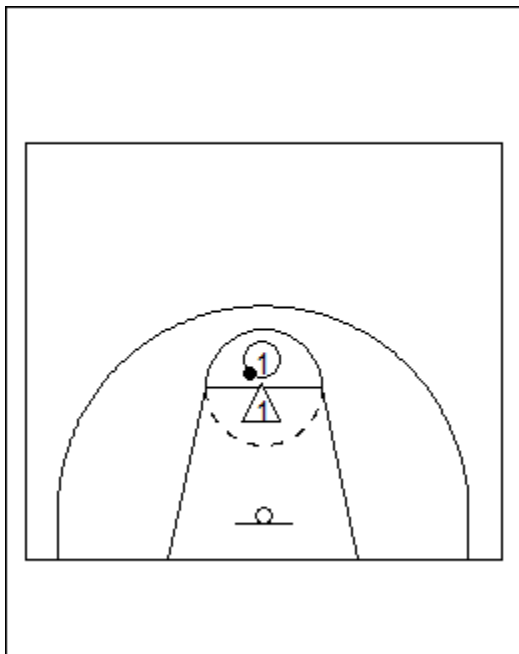
Jab and go

If the offensive player does not react to the jab, the offensive player uses a go move to go by the foot of the defender.



Jab and crossover

If the defense reacts to the jab the offense uses a cross over move.

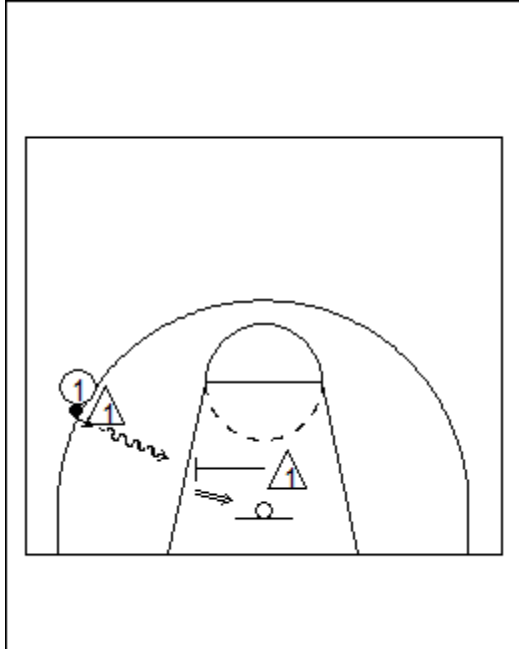


Shot fakes

The same applies to shot fakes. If the defense jumps to contest the offense drives by the defender.

The progressions are the same.

1. Stationary
2. Stationary with the catch
3. Cutting into the catch



You can also add a help defender to the drill so the offense must also read the help.

Note: It is very important to watch the fakes and the footwork. Give points to the players for:

- a) Keeping the back heel on the ground
- b) Beating the defenders foot
- c) Making the correct read
- d) Finishing

Play from different spots and angles.

This page was made with [Basketball playbook](#) from Jes-Soft