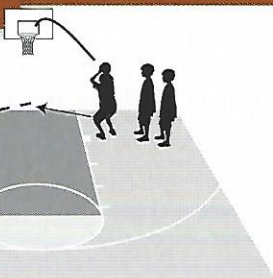


## BANK SHOT FROM BLOCK

Shooting with the backboard

G/T

### SHOOTING



**Where they go:** Two lines of players on each block.

● First player shoots bank shot then rebounds ball and passes to opposite line. After passing, player goes to end of opposite line.

● Next player shoots from other side and drill continues, alternating lines.

**Variation:** Players start from 3-point line and dribble in to shoot.

**Key point:** Aim for top corner of square on backboard.

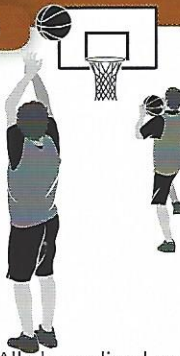
**Make it a game:** First player to make 5 shots wins.

## BUMP OUT

Quick shooting, hustling after rebounds

G/T

### SHOOTING



**Where they go:** All players lined up behind foul line. First 2 with balls.

● Object is to make a shot before next-in-line makes one. Player who shoots and misses must rebound and try to make shot before next player makes one.

● Make a shot, pass to next player waiting in line.

● Player who can't make shot before next player makes one is eliminated.

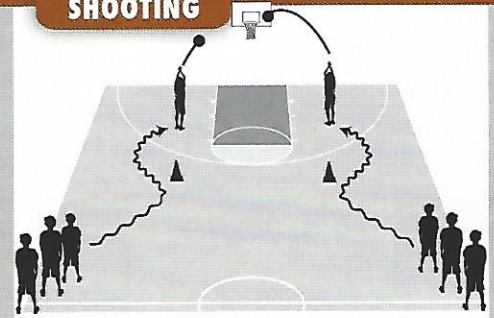
**Make it a game:** Last one in wins.

## DRIBBLE MOVE JUMPER

Jump shots off change of direction dribble

G/T

### SHOOTING



**Where they go:** Players form two lines at mid-court. Chair, cone or ball just outside of 3-point line.

● Players dribble toward obstacle and make a dribble-move past it, then continue toward basket. Take jump shot at 12-15 feet. Rebound and go to opposite line.

**Key point:** Dribble moves can be crossover dribble, stutter step, change of pace, between the legs, behind the back, etc.

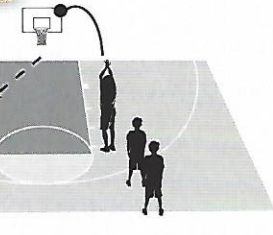
**Make it a game:** First to make five shots wins.

## ELBOW JUMP SHOTS

Jump shots, receiving passes

G/T

### SHOOTING



**Where they go:** Two lines of players at elbow. One ball each line.

● Players shoot jump shots. Follow shot and rebound ball. Then pass to opposite line and sprint to end of that line.

● Next player shoots from other side and drill continues, alternating lines.

**Key point:** Receive pass in good shooting position; square to basket, knees bent, hands ready and fingers pointing up.

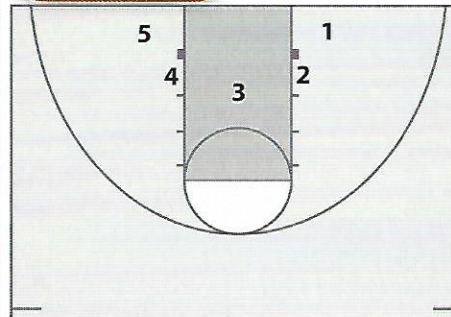
**Make it a game:** See how many team can make in 2 minutes or see which player is first to make 5 shots.

## FORM SHOOTING

Shooting short-range shots

I

### SHOOTING



**Where they go:** Using proper shooting fundamentals, player shoots from each spot on floor (diagram).

● Must make five shots from each spot.

● Can bank shots in from spots 2 and 4.

**Key Point:** Player can get own rebounds or coach/player can rebound.

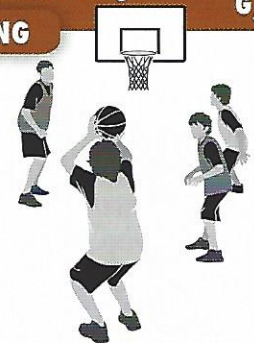
**Make it a game:** Who can get the record for fastest to make 5 from each spot?

## FOUL SHOOTING GAMES

Free throws, rebounding

G/T

### SHOOTING



**Where they go:** Two groups of players, evenly divided, lined up along each side of foul lane. One shooter.

**Choice of multiple games:**

● Each player shoots 2. Team with most in wins.

● Each player shoots 1 + 1. Team with most in wins.

● Each player shoots 2. Both teams must combine to make X%, or all run sprints

● Players keep shooting until they miss. All players try to rebound missed shot. Get rebound = go to shooter. Players rotate rebounding positions after each miss. First to 10 points wins.