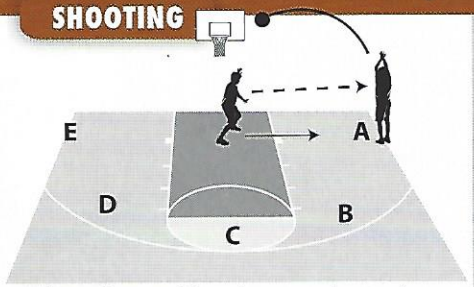


JUMP SHOTS WITH DEFENSE

Shooting against defense

G

SHOOTING



Where they go: Two players work together. Player 1 has ball under basket. Player 2 just inside 3-point line 12-15 feet away.

- Player 1 passes to 2, then sprints to contest Player 2's jump shot. Player 2 follows shot and rebounds ball. Switch after each shot.
- Continue until each player has shot from each spot (Diagram).

Key point: Shooter can use shot fake and one-dribble jump shot.

Make it a game: See who makes the most out of five. Rotate in 2 new players and play off until one champion.