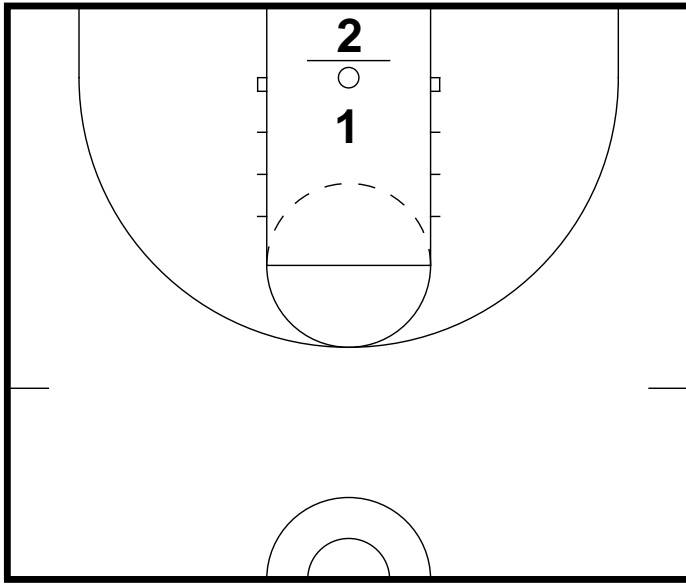


Partner Shooting Drills

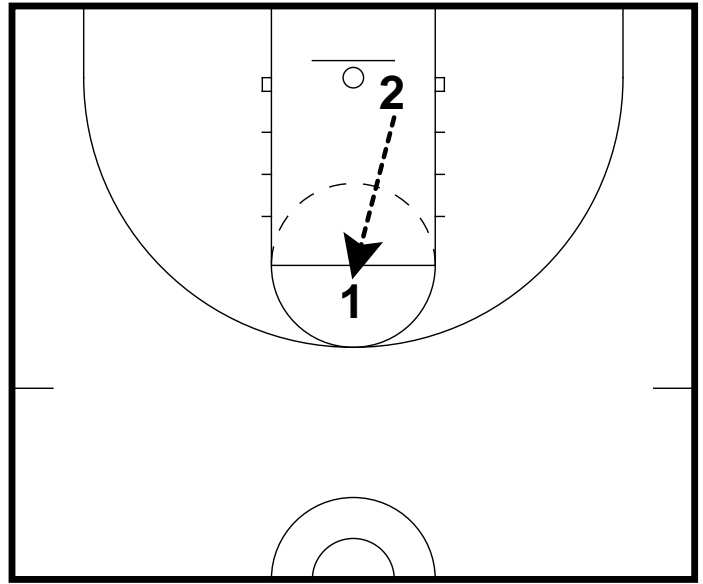


Drill #1 - One Hand Shooting Drill

- This drill should be done every night
- Shoot from just on front of the rim
- Non shooting hand behind your back.
- Concentrate on your shooting line.
- Hold your follow through until the ball hits the floor
- Shoot three then switch with your partner.

Variations

- Step back one step with each make.
 - Shoot one angle shot from the right, one from straight on and one angle shot from the left. Bank your angle shots.
 - Guide hand up but not touching
 - Guide hand up with just fingertips touching
 - Guide hand up and on. Freeze it!!!
 - If do not have a lot of baskets, have the players shoot at the backboard on either side of the rim.
- Two players will be able to go at once.



Drill #2 - Partner Shooting

- One passer and one shooter
- 45 seconds on the clock
- Progression

1. Mikin Drill - Start on the right side of the hoop and shoot a right handed shot. Jump off your left leg and bring your right knee up. Move to the left side and shoot jumping off your right foot. Alternate side to side for 45 seconds.

2. Catch and up - From the FT line or closer. Just catch it and shoot it. Catch the ball low and loaded, ready to shoot. Hands already in catching position before ball gets there.

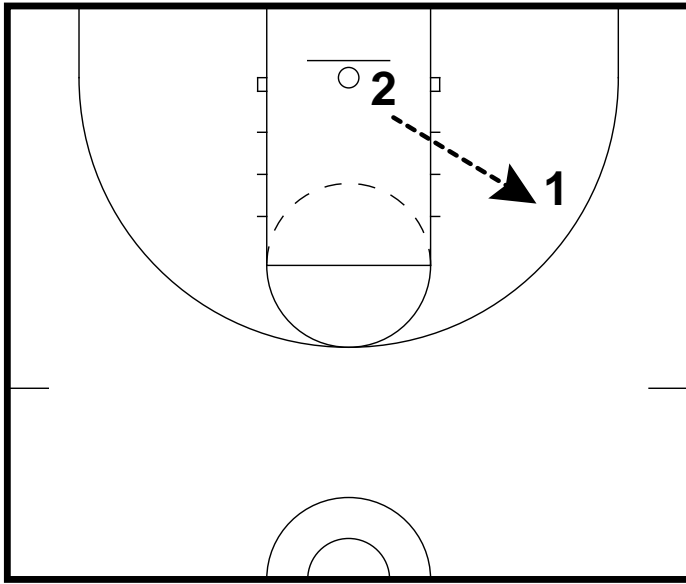
2. Shoot and Move - 15 ft. and in. Shoot and move to a new spot. Work corners, wing and top.

3. Shot Fake and One Dribble - Shoot and move but add a shot fake and one dribble.

4. Rim Attack

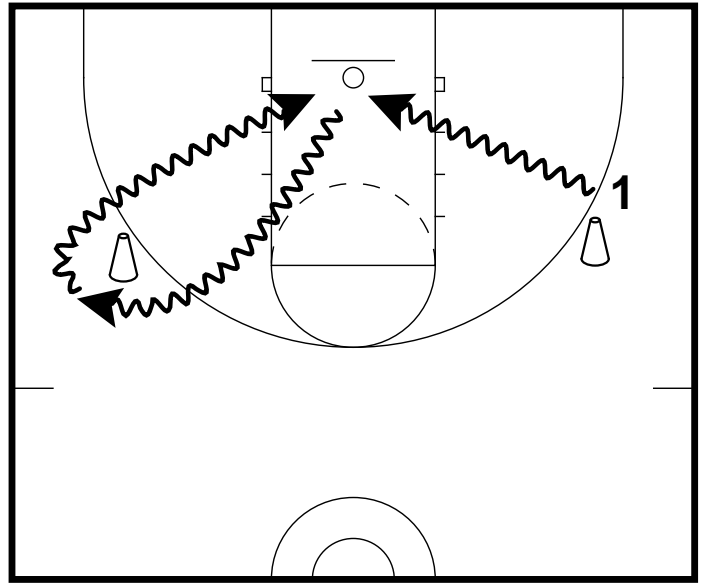
- Wing to Wing: Catch at the wing and attack the basket. Go to the other wing. Catch it and attack. Finish with a regular or a power lay-up. This can be done as a 5 spot rim attack as well. Corners, wings and top.

Partner Shooting Drills



Drill #3 - 20 Point Game

- Partners
- Shooter takes a long shot from 15 ft. If they make it, their pair gets 2 points.
- Follow your shot and shoot a short shot. This is worth 1 point.
- Go to a new spot and shoot again. This partner continues until they reach 10 points.
- Partners switch roles. Game is done when this partner reaches 10 points.



Drill #4 - "X" Out Lay-Ups

- Start at the right wing behind the cone.
- Dribble in and shoot a right handed lay-up.
- Get your own rebound and dribble around the left side cone. Be sure to dribble from the inside to outside of the cone.
- Dribble in and shoot a left handed lay-up.
- Continue back and forth for 1 minute.
- How many lay-ups can you make?