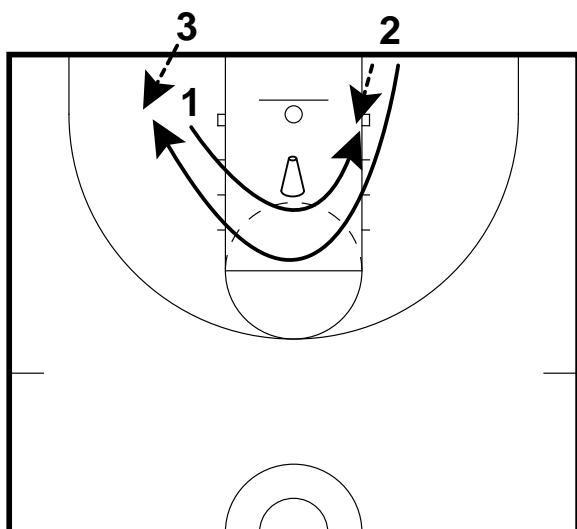
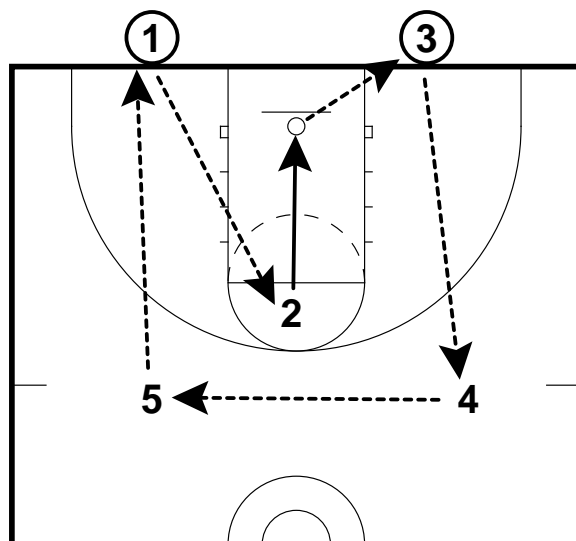


# Team Shooting Drills



## Drill #1 - Horseshoe Drill

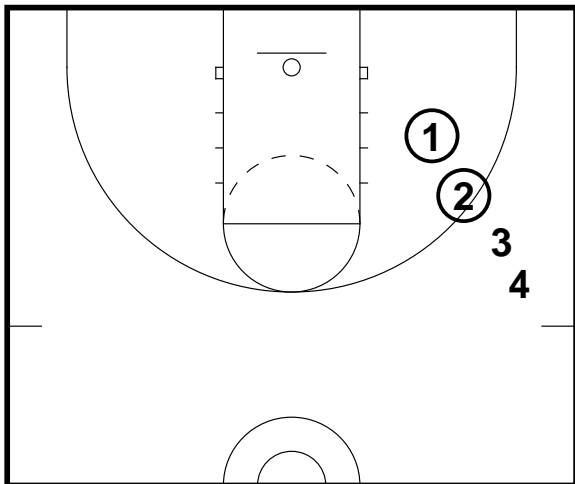
- A. 4 to 6 people in each line. Could be more.
- B. Player #2 and #3 have balls.
- C. #1 makes a cut around the cone and receives a pass from #2 for a shot. #1 will rebound their own shot, pass to the line that passed to them and go to the end of that line.
- D. After #2 passes to #1, they will cut to the outside of #1 and around the cone. They will receive a pass from #3.
- D. #3 repeats.
- E. Each spot will last 1minute and 30 seconds. Move right to the new spot on the signal.
- F. Spots
  1. Blocks
  2. Elbows
  3. Wings
  4. Wing 3's (If Appropriate)



## Drill #2 - Side/Top/Side Shooting

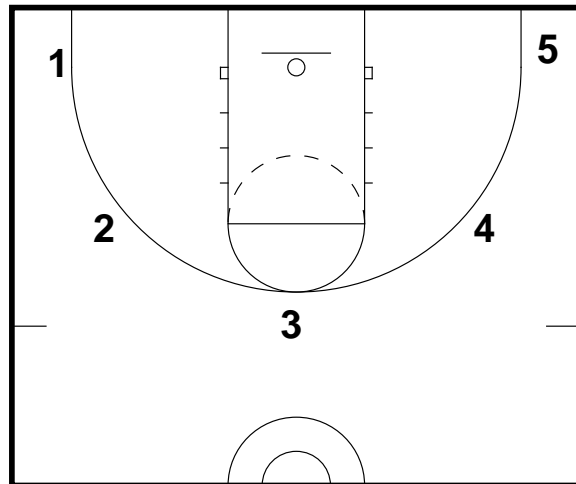
- A. Place 2 people in lines 1, 3, 4 & 5.
- B. Have one person in line #2.
- C. Line #1 & #3 have balls to start.
- D. On the go signal, line #1 passes to line #2. Line #3 passes to line #4.
- E. Line #2 will shoot and get their own rebound. They will then pass to line #3.
- F. You will always pass and go to the line you pass it to.
- G. How many makes in 2 minutes?

# Team Shooting Drills



## Drill #3 - Points In The Pot

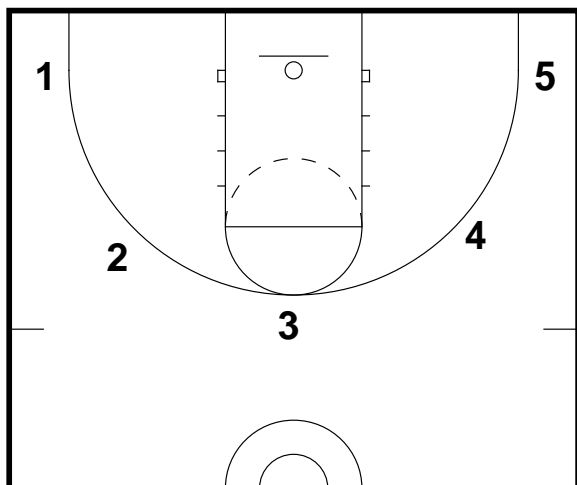
- A. First two people in line have balls.
- B. They will shoot and get their own rebound.
- C. If you make a shot, 1 point goes in the pot.
- D. If the person directly behind them makes a shot, that puts two points in the pot.
- E. When someone breaks a streak of makes, they take the points that are in the pot.
- F. You start a new streak with the next make.
- G. You do not want points.
- H. Play for 1:30 at each spot. The person with the most points loses.



## Drill #4 - Five Minute 3's (Or 2's)

- A. Everyone lines up at spot #1. First two people in line have balls.
- B. Five minutes are on the clock.
- C. You will shoot and get your own rebound, pass back to line and go to the back of the line.
- D. The group will shoot from spot #1 for 1 minute. They will then move to spot #2.
- E. Shoot 1 minute spot. How many makes in 5 minutes?

# Team Shooting Drills

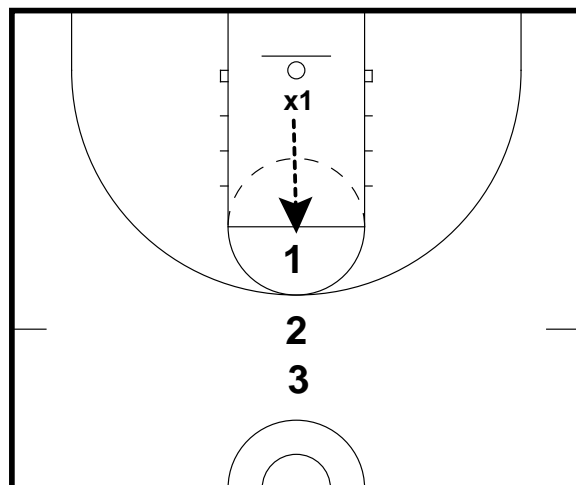


## Drill #5 - 5 Spot 2 In A Row Drill (3's or 2's)

- Five spots. Wings, corners, top.
- 3 minutes are on the clock
- Everyone lines up at spot #1. First two people in line have a ball.
- They must make 3 in a row from spot #1 to be able to move to spot #2.
- If they make it to all 5 spots, they try to make their way back.

### Variation

- They just need to make 2 from each spot to move to next spot.



## Drill #6 - Attack The Close-Out Shooting

- Line of players on the FT line. Defender under the basket with a ball.
- Defender passes to the offense and closes out to play defense. They will play dummy defense for this drill.
- Offense will attack the basket with the following moves.
  - Catch and Shoot
  - Shot fake and go direct (Strong hand drive)
  - Shot fake and cross over ( Weak hand drive)
  - Jab step, pull back and shoot it.
- Play live 1 on 1 off the close -out. If the offense scores, they stay on offense against a new defender. If defender stops, they go to offense.