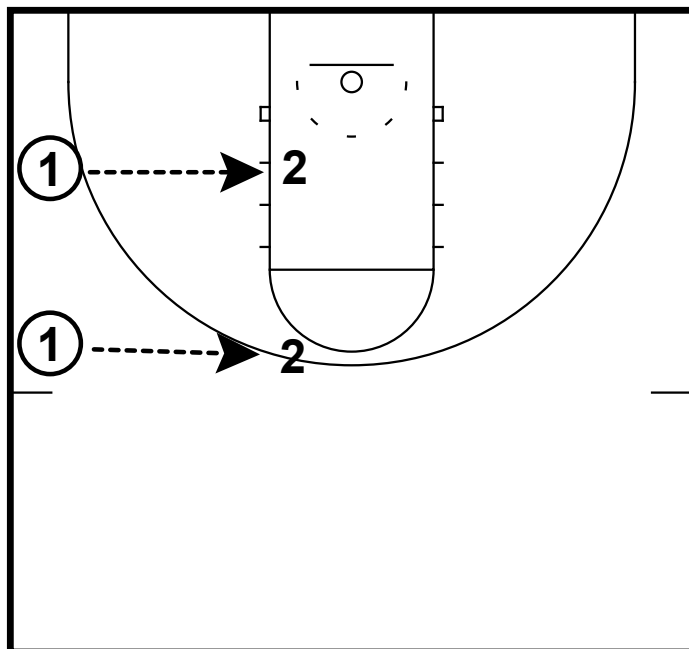
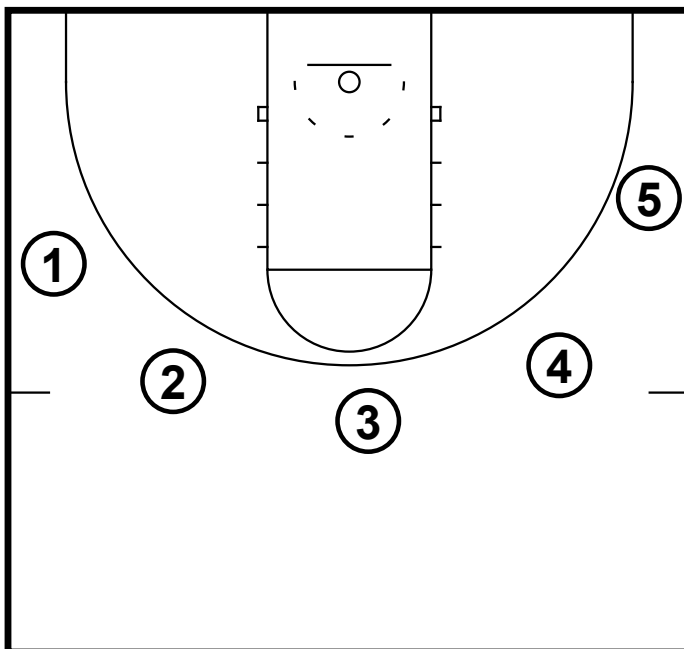


COACHING DRILLS: BEILEIN SEAM DRILL



This drill is designed to teach players to get their fingers on the seams of the basketball. In the first frame the players pass the ball back and forth. Their stance is staggered depending on if they are right or left handed. As the player catches the ball and pivots into their shot, they also must rotate the ball to get their fingers on the seams of the ball. The player should be finished when they pivot, ball is in shooting pocket and their fingers are on the seams of the ball.

COACHING DRILLS: BEILEIN SEAM DRILL



In this frame you can align your players any way you want. Now they spin themselves a pass and work on getting their fingers in the seams of the basketball. After many reps you can add a shot.