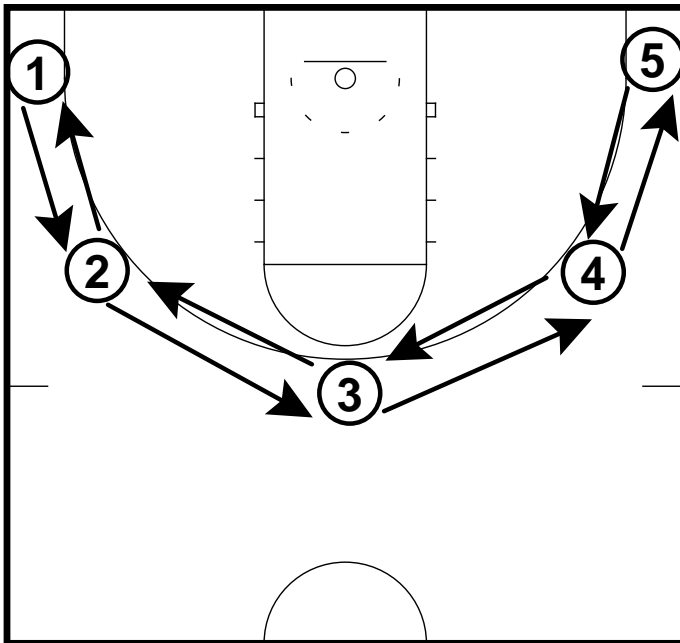


Shooting Drills

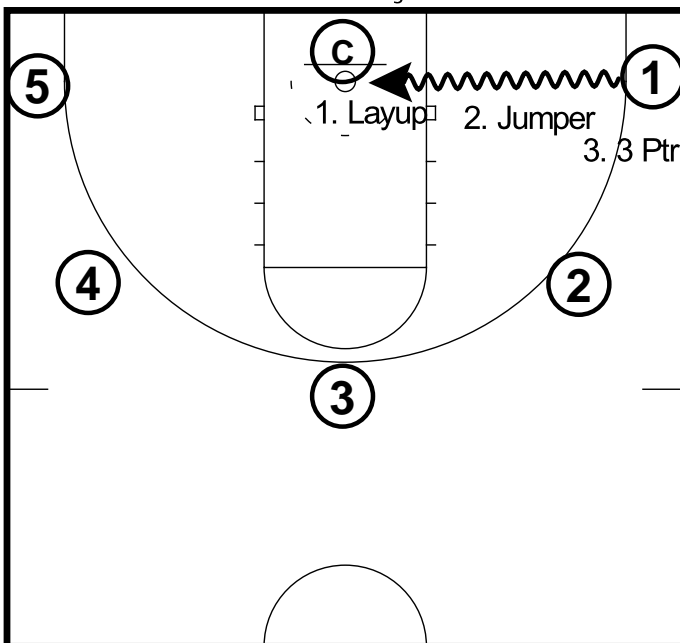
3 2 1 Under 4



- 3 2 1 Under 4 (All 3's):
- Cut off drill at 4 mins
 - 5 spots
 - 1st Trip: Make a 3 at each spot
 - 2nd Trip: Coming back around, hit 2 in a row from each spot
 - 3rd Trip: Hit 5 in a row, but move to next spot after each shot, make or miss.

**Shooter pick rebounder, need coach there to time
 **Can change to jumpers if shooter doesn't have 3 point range

32 Shooting

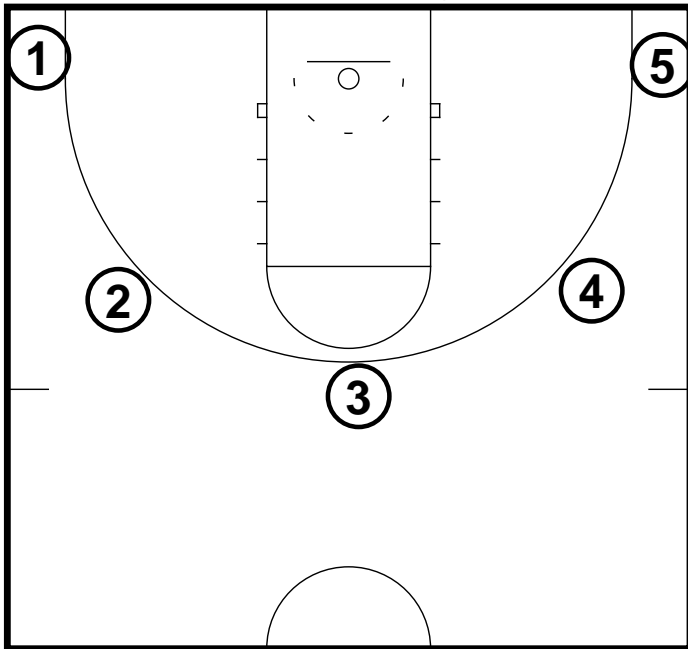


- 32 Shooting:
- 5 spot shooting
 - Layup, Jumper and 3 at each spot.
 - Layup = 1 pt
 - Jumper = 2 pts
 - 3 = 3 pts
 - Same sequence at all 5 spots
 - Finish with a 1 & 1. Max for drill is 32 pts

**Can also do this with team shooting or multiple players

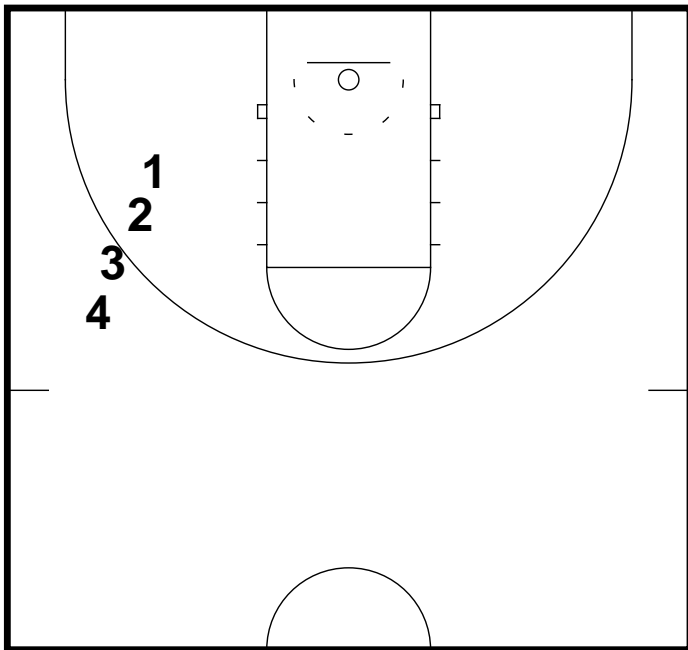
Shooting Drills

5 Spot Shooting



- Partner shooting
- 5 spots
- 5 minutes on the clock
- Catch and shoot, rotate shooters every 30 seconds
- Record makes as individual and pair
- Will do with 3's and also with 1 dribble pull ups (keep same shot all 5 minutes)

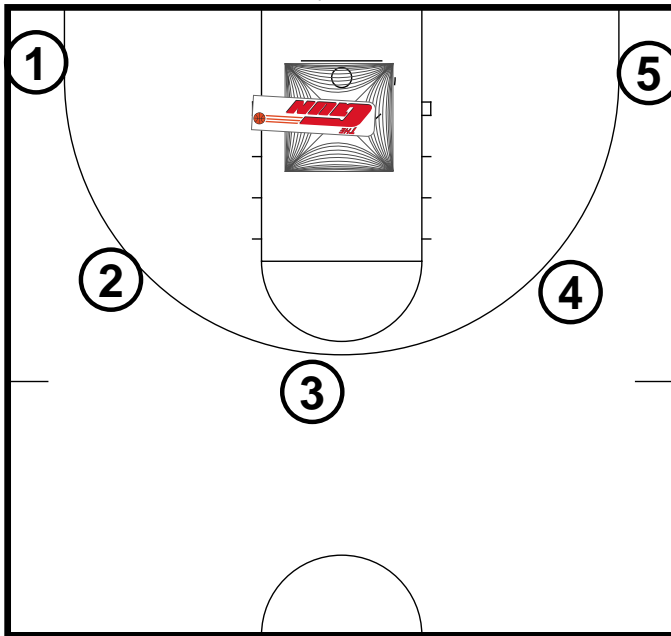
Beat the Pro



- Team shooting: any team of 2, 3 or 4 players
- Scoring is as follows: +1 for make, -2 for miss, can't go below 0 points.
- Game is to 4.
- Pick various spots

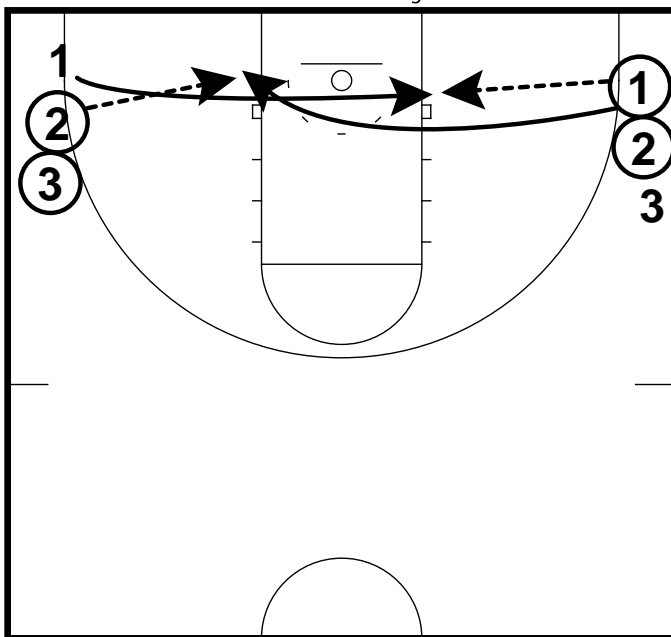
Shooting Drills

Double Up with the Gun



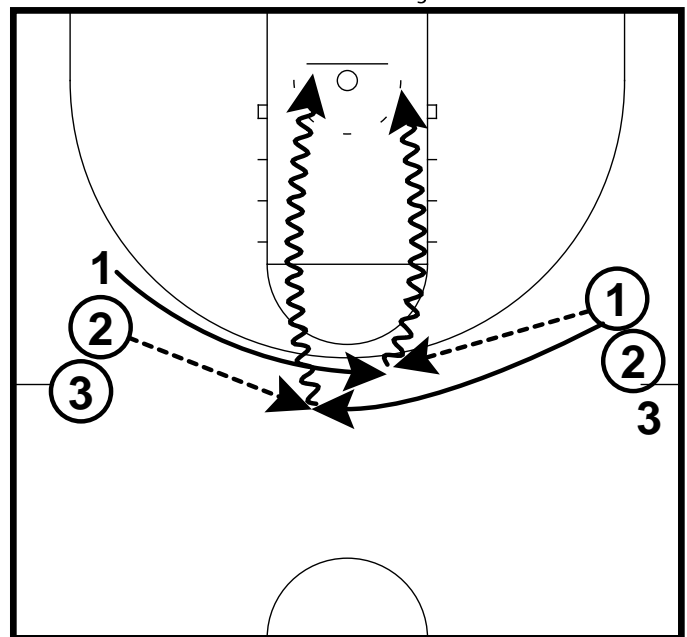
- Partner shooting
- 90 seconds per spot, shoot 2 shots then rotate
- 2's = 2 and 3's = 3
- Each player will shoot 2 shots at a time - a catch and shoot 3, followed by a 1 dribble pull up.
- Record points as an individual and pair

Hi Low Shooting



- Team shooting, all at one end
- 2 lines, 2 balls in each line.
- 5 minutes on the clock, 1 minute at each spot
- Shoot from 5 spots:
- Layups
- Bank shot from 1st shot
- Elbows
- 2's/3's from top of key (depends on players range)
- Rip layup from top of key
- Each make is 1 pt, record points after 5 minutes

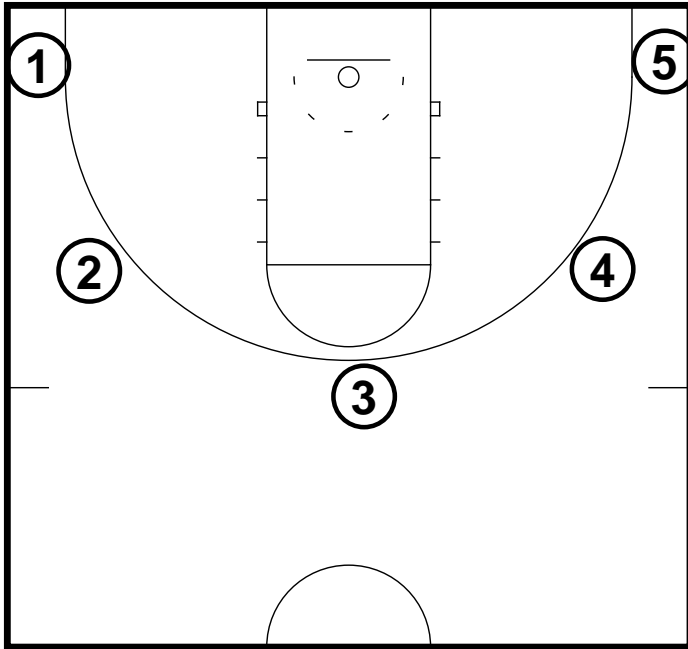
Hi Low Shooting



- For rips at top of key, rip to the same side receiving the pass from

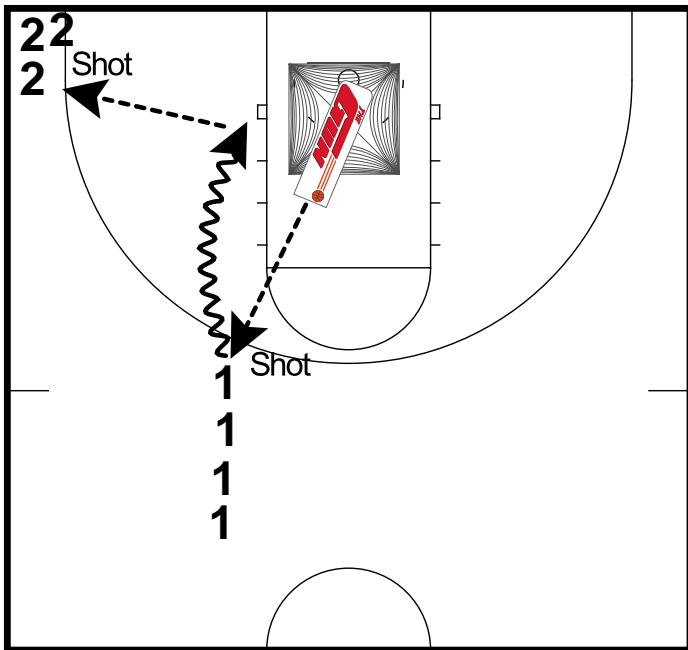
Shooting Drills

Make 25



- Partner shooting – record time for individual and pair
- 8 minutes on the clock
- Each shooter makes 5 shots from each spot
- Rotate shooters after 5 shots are made or after a minute (no more than a minute at a time)
- Must rotate everytime a spot is closed out with 5 makes.
- Example: If player 1 hits 3 shots in a minute, then player 2 hits 5 shots, player 1 must hit 2 more shots to close spot. Once player 1 hits 2 shots, then rotate again because spot is closed out.

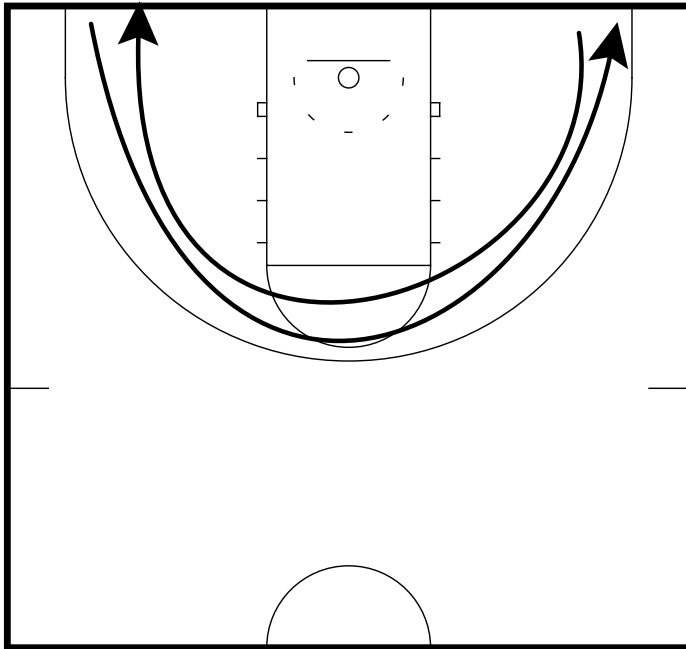
Make 30 with the Gun



- Team shooting
- All shots are 3's and count as 3
- Score 30 points, then switch to other side of court
- Player 1 receives pass from Gun and takes a 3; Player 1 then receives 2nd pass from gun and drives and kicks to Player 2 in corner for 3. Rotate lines after each shot/drive.

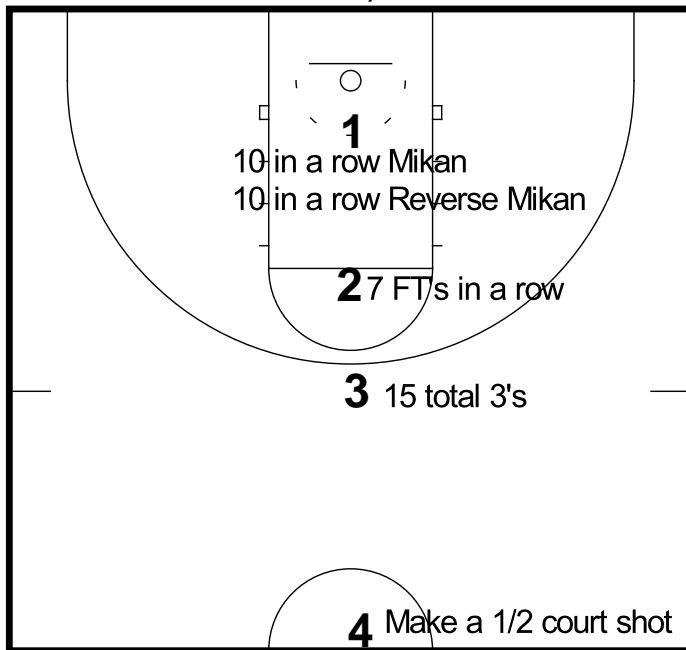
Shooting Drills

Quick Spots



- 1 shooter & 1 rebounder
- 2 minutes on the clock
- Shooter can start from any spot; must hit 2 in a row to move to next spot, will continue to do this for 2 minutes
- Record number of spots shooter can hit 2 in a row from in 2 minutes

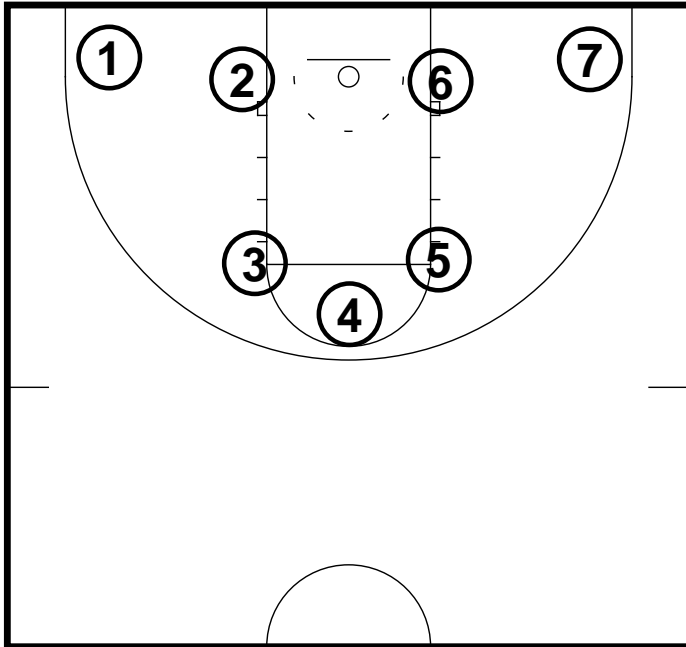
Relays



- Partner shooting
- Shooter 1 does regular Mikán, shooter 2 does Rev Mikán
- Shooters then alternate between shots for FT's, 3's and 1/2 court shot.
- First team to complete all shots wins

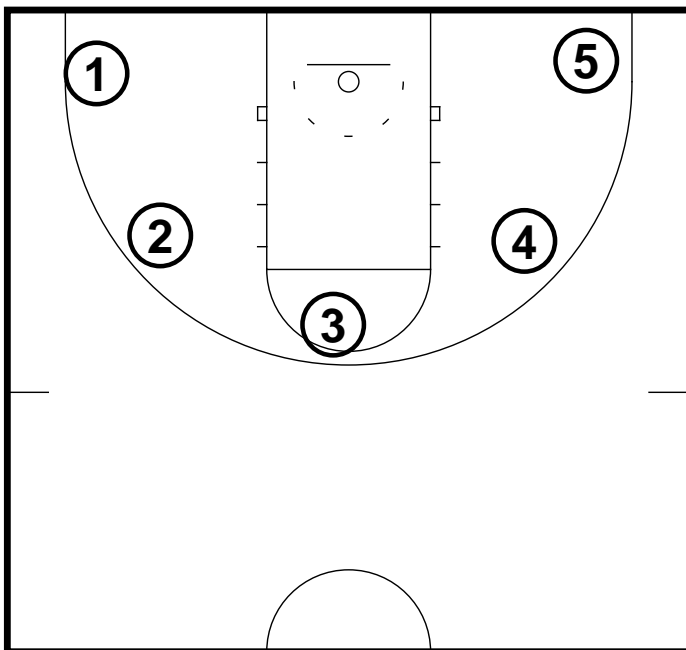
Shooting Drills

Seven Spot Shooting



- Team shooting, 2 ends
- Make 7 shots from each spot
- Spots 2 and 6 are lay-ups
- Record time

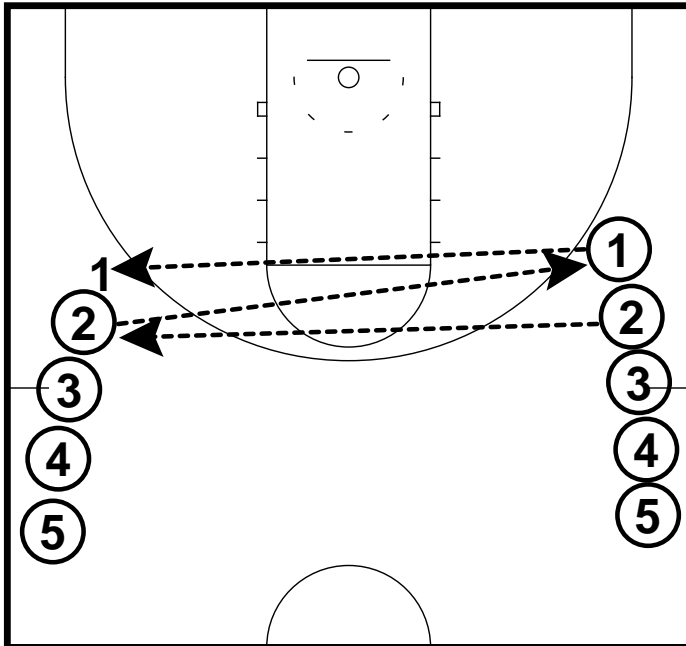
Sevens



- 1 shooter & 1 rebounder
- 2 minutes on the clock
- Shooting 2's and 3's, must score 7 points exactly to move to next spot; record points scored in 2 minutes
- 3's = 3, 2's = 2 and a layup = 1. Can only shoot a layup when you have 6 points.
- Ex: 3 total spots completed would be 21 points

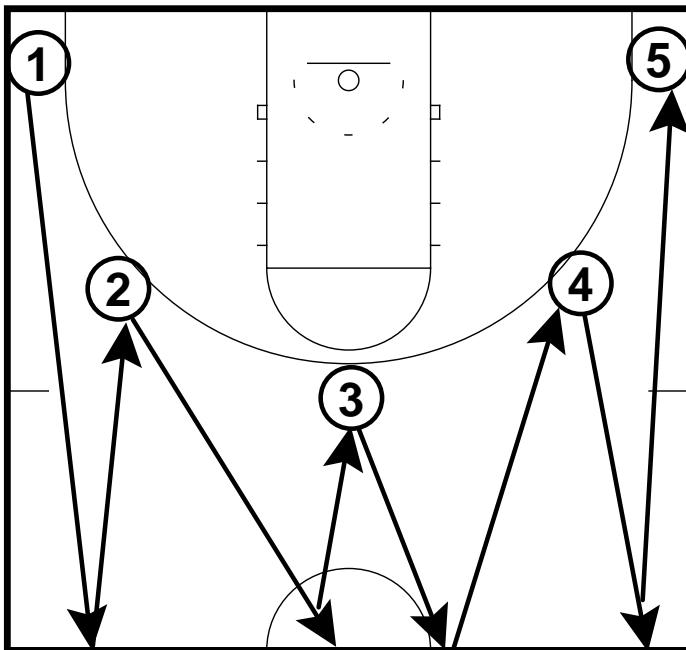
Shooting Drills

Skips



- Team shooting
- 2 minutes on the clock
- Always shoot from wings
- 1 less ball than shooters (Ex: 10 players, 9 balls)
- Player at beginning of 1 line begins without ball, receives pass from beginning of opposite line for a 3.
- Passer then receives pass for shot; shooters switch lines after each shot
- Record makes in 2 minutes

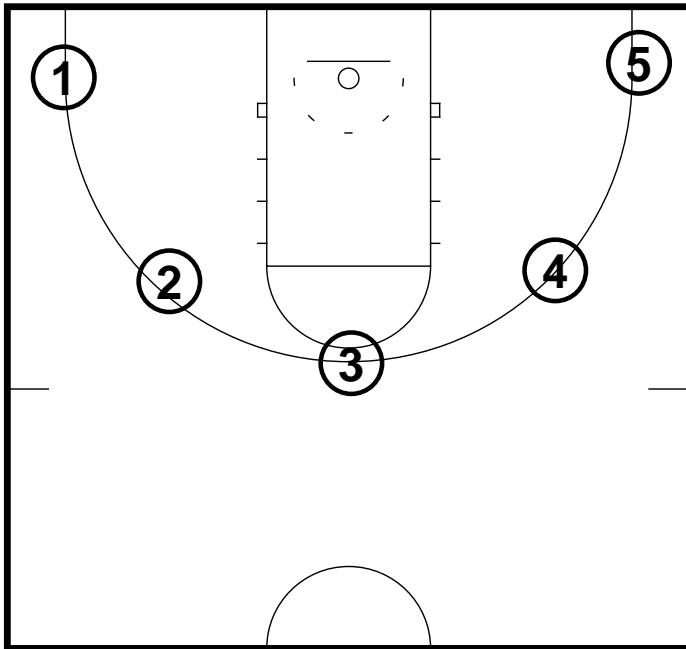
Star Drill



- Star Drill:
- 5 Spot Shooting
 - Start at 1st spot
 - Hit 3 at 1, sprint to half court then sprint to spot 2. Continue going around and back to finish at spot 1.
 - Have to make 1 shot to advance to next spot.
 - Can do 3's, jumpers or pull ups.

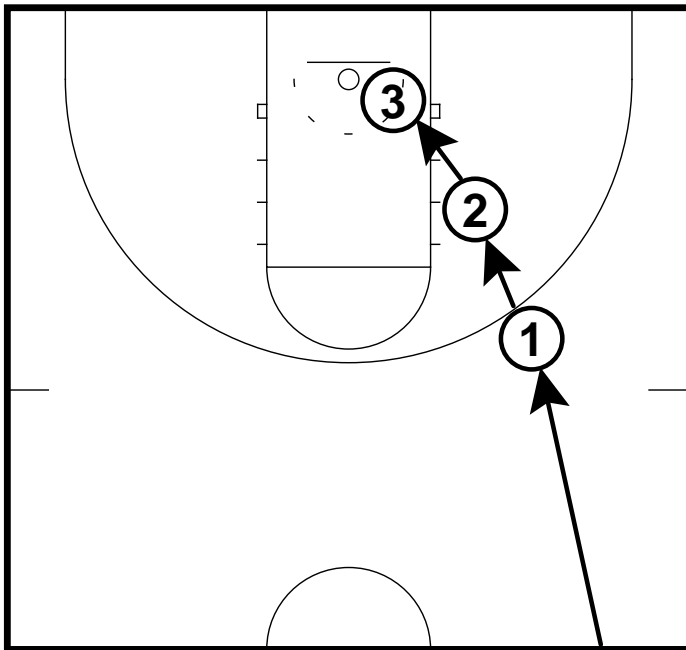
Shooting Drills

Stream



- Team shooting, both ends
- Score for time - fastest team wins
- Must score lay up/mid range shot/3 from each spot, 5 spots total

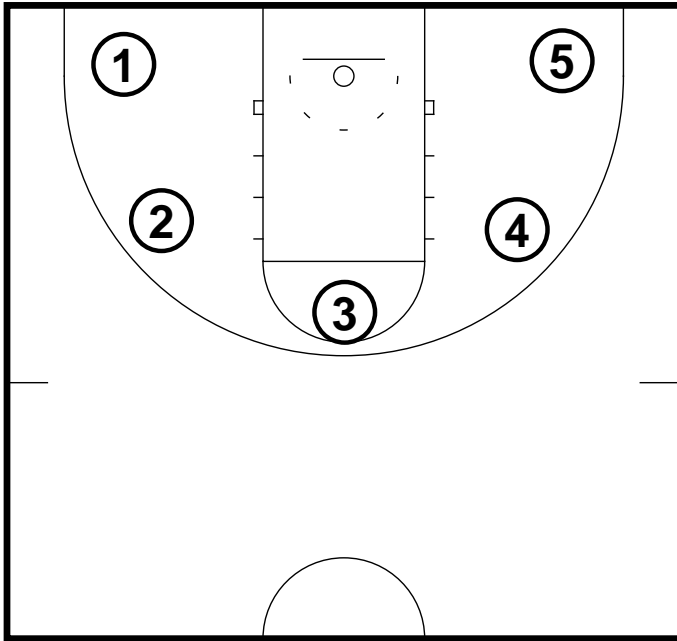
Tallahassee



- 1 shooter, 1 rebounder
- 1 minute continuous shooting per spot
- Start at 1/2 court
- Shooter starts at 1/2 court and sprints in for a 3, then continues to a midrange jumper, then finishes with a layup. After layup, runs back to 1/2 court and starts sequence over. Continues for 1 minute. Can continue at various spots. Record points from each spot.

Shooting Drills

Team Beat The Clock

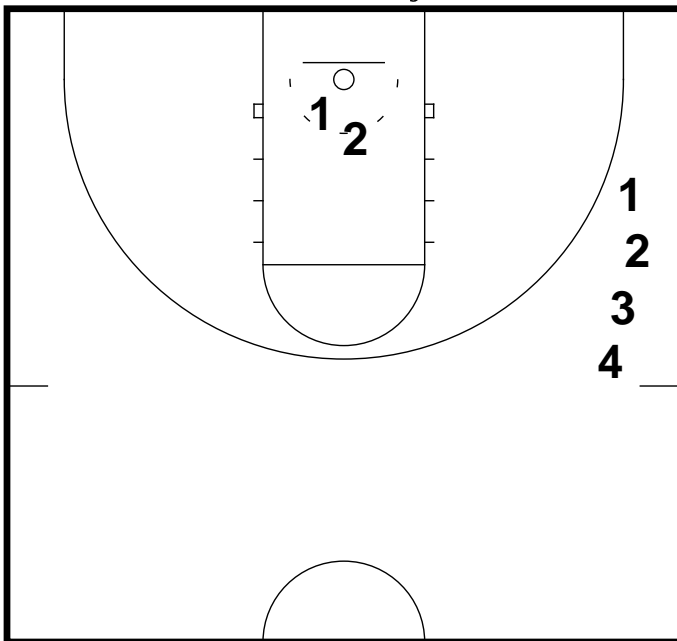


Team Beat The Clock:

- 5 spots, partner shooting, 5 min cap
- 1 group of 2 at each basket
- Shooter 1 at each basket – first to 8 makes wins round; once one shooter makes 8, then all baskets rotate to Shooter 2
- Once one of the 2nd shooters makes 8, then rotate back to original shooter and move to next spot (So both shooters will shoot from each spot)
- Continue this pattern for all 5 spots. As a team, need to finish in under 5 mins.

**Can track what group wins each round, keep leaderboard going through the season.

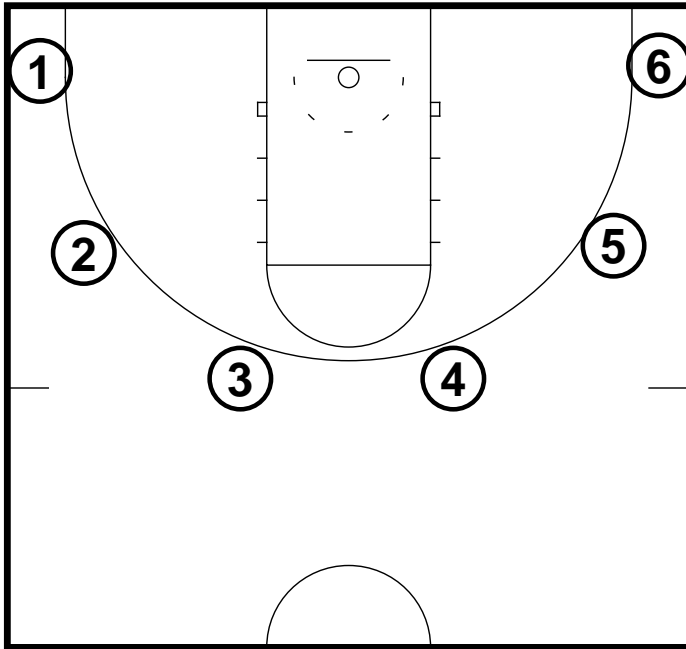
Texas Shooting



- Team shooting, 2 ends – each end has 4 shooters, 2 rebounders and 3 balls (shooters and rebounders don't switch spots)
- 5 minutes on clock
- 3's = 3 and putbacks = 1 (rebound can't hit floor for putbacks)
- Coach calls out "Double Player" 1.5 minutes in on both sides (makes count as double points)
- Teams switch ends at 2.5 minutes
- Most points wins

Shooting Drills

Volume 3's



Volume 3's:

- Shoot 10 3's from each spot
- Make 50+ = in 50 Club
- Make 40-50 = really good shooter
- Make 30-40 = ok shooter
- Make 30 or under = shouldn't be shooting 3's

**Create trophies, keep leader boards