

# DELTA STATE MENS BASKETBALL

## SHOOTING DEVELOPMENT

### Trey Drill

1. Put Ball out in front
2. Take ball to shooting position
3. Long high follow thru-focus on swish

### Groove Shot

1. Both hands on ball-release guide hand
2. "Shake hands with giant" with guide hand
3. Focus on swishing every shot

### 3 man 2 Ball Shooting

1. Rebounder-Passer-Shooter
2. Plant and step into shot/permanent pivot foot
3. :30 Sets of shooting
4. W/ shooters-15-17ft shots. 3's-deep 3's

### Baseline Drift and Power Skip

1. Guard drill-working on baseline drift
2. Tailor drills to fit your offense
3. Drive hard and make sharp passes

### Shot Fake

1. 6" shot fake-Just show ball
2. Same set up mechanics as shot
3. Stay low-jab shooting foot
4. Direct drive-circle tight

### Free Throws (2's)

1. Two FT's and rotate
2. Focus on white tape on back of rim

