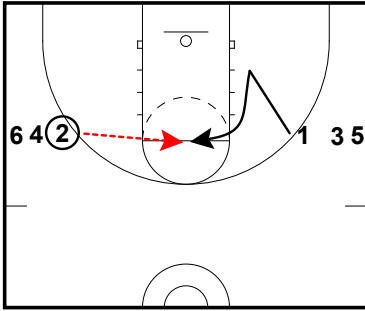


Shooting Drills

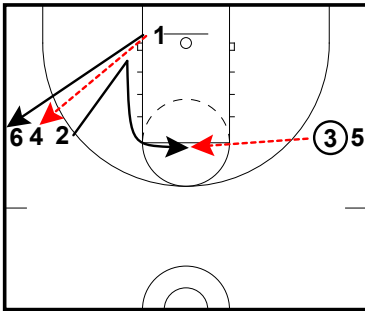
Erdman Shooting Shooting Drills



Set up two lines facing each other free throw line extended. Be sure the players start outside the three point line.

#2 starts with the ball AND #3 starts with a ball. #1 needs to walk down to block, then explodes to the free throw. #2 pass to #1 on time so can shoot in one motion.

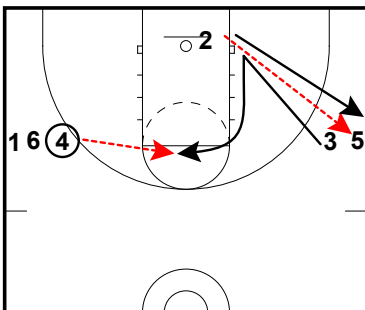
Erdman Shooting Shooting Drills



#1 shoots the ball and follows own shot. Get own rebound, pass the ball back to the line you caught the ball from.

As soon as #2 passes the ball, he walks to block, then explodes to FT line to receive a pass from #3.

Erdman Shooting Shooting Drills



The pattern continues. Keep in mind, players switch sides after each shot.

Points of emphasis: Strong cuts, 2 hand passes - hit hands, foot work before catch.