

Shooting Drills

Coaching Principle - The Art of Shooting

"Great shooters are made through hours and hours of practice, repetition, and sacrifice. Practice and sacrifice are necessary for all athletes, but repetition is the key to becoming a great shooter."

"Shooters are made by shooting a basketball over and over correctly. If a player does not practice shooting a basketball correctly, s/he will not become a better shooter. Shooting a basketball is a muscle-memory reflex in that all body parts must go through the same motions every time the basketball is shot. The entire body must be memorized to do the same thing each time the basketball is shot. The basketball must be shot the same way every time."

"The skill of shooting a basketball can only be accomplished through repetition and hours and hours of practicing properly. The following are four basic steps in shooting a basketball. Each is simple to learn but take repetition to master."

A. STANCE

1. Feet

- Right foot forward four to six inches (for a right hand shooter).
- Feet should be straight not sideways
- Feet are a comfortable distance apart-shoulder width apart.
- Feet pointed toward the basket.
- Weight on balls of feet not on heels.

2. Legs

- Legs bent at knees to have proper balance (not straight legged).
- Legs flexed when the ball is caught.
- Legs under body.
- Power comes from legs.

3. Body

- Head, trunk, feet in vertical line.
- Body cannot be leaning forward or backwards.
- All body parts under control.
- Head directly below mid-point between feet.
- Head control body balance.

B. ELBOW STRAIGHT

1. Elbow

- All is guided by elbow.
- All will go in direction in which elbow is pointed.
- Elbow in and pointed toward basket.
- Elbow under the ball, not floating.
- Elbow raised according to individual strength (right angle.)

- Right foot, knee, hip, shoulder, elbow, wrist, and index finger should all be in a straight vertical line (for right hand shooters).
- Elbow must be straight.

2. Hands

- All held with fingers not palms or finger tips (middle and last finger joints).
- Index finger of shooting hand should be in the middle of the ball with thumb supporting the ball.
- Remaining three fingers hold ball in place.
- Opposite hand is used to hold ball in place (Fingers not palm).
- Opposite elbow out with wrist cocked.
- Ball should be caught in shooting position.

3. Wrist

- Wrist should be cocked and under the ball as far as possible.
- Wrist in comfortable position.
- Wrist provides power, control, and arch.

C. EYES ON RIM

- Eyes focused on the front of the rim (middle prong).
- Ball shot to go over the front of the rim.
- Eyes should never follow the flight of the ball but remain focused on the front of the rim (concentration).
- Confidence-knowing the ball is going in.

D. FOLLOW THROUGH

- The shooting hand (index finger) must be pointed into the rim (not snapped downward).
- A goose neck ending is a proper release
- Hand straight forward or slightly turned outward (never turned inwards toward body).
- Opposite hand stays in place.



Groton Dunstable Youth Basketball

A Commitment to Community, Teamwork, Sportsmanship, and Love of The Game

Shooting Drills

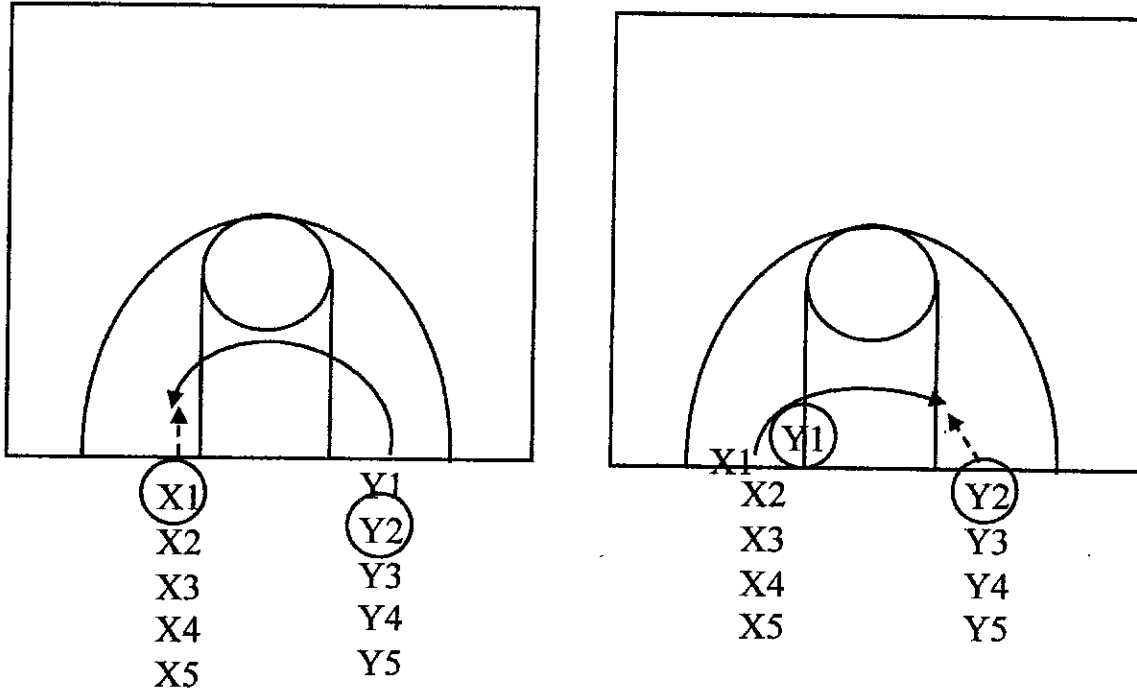
When starting a shooting workout, **ALWAYS** start in close and work your way out. Focus on proper form, especially getting good arc on the ball (up not out), good follow through and keeping your eye on your target until after the ball goes through the hoop. Remember – in the beginning it is better to miss and use proper form than to score with improper form. The more you practice shooting correctly, the more natural it will become, the better shooter you will be in the long run. Track your progress and try to beat your record each time you take the court.

- **Put Back Drill from Low Block**– Stand on the low block and power up for a shot using the backboard. Quickly get your rebound, step to the opposite block and power up for a shot, again using the backboard. Go back and forth as quickly as possible. The ball should never hit the floor. Make 50 in a row before moving to next drill. Focus on proper form.
- **Put Back Drill from First Hash Mark** – Stand on the first hash mark. Take a jump shot. Quickly get your rebound, step to the opposite first hash mark and shoot again. Go back and forth as quickly as possible. The ball should never hit the floor. Make 50 shots before moving to next drill. Focus on proper form. (Continue this drill making 50 shots from each hash mark and the elbow.)
- **Free Throw Shooting** – Optimal free throw shooting practice is 100 free throw per **DAY**. Start in close, make 5 in a row, take a step back. Make 5 more in a row. If you miss, you have to go back to your original starting position. Continue until you make it back to the free throw line. Once at the free throw line, you don't have to move back to the starting position if you miss. Be sure to condition inbetween free throws so you are in game-like physical condition when shooting.
- **Jump shot drill** – Start with your outside foot on the block and your back facing the baseline. Roll the ball to the free throw line. Run after the ball, pick it up after the free throw line, square to the basket, and shoot. Follow your shot. If you make the shot, the ball shouldn't touch the floor after it goes through the net. If you miss the shot, finish strong. Make 10 then take 2 free throws. Repeat.
- **Rabbit Shooting Drill** – a brief workout that must be done with intensity. **Always** follow your shot.
 1. Toss the ball toward the three-point line. Get the ball, square to the hoop, take one strong dribble toward the hoop and shoot.
Time: 2 minutes. Goal: take 18-20 shots.
 2. Shoot 10 foul shots and record your score. Do NOT rest.
 3. Toss the ball toward the three-point line. Get the ball, square to the hoop, take two strong dribbles toward the hoop and shoot.
Time: 2 minutes. Goal: 17-20 shots.
 4. Shoot 10 foul shots and record your score. Do NOT rest.
 5. Repeat steps #1 through 4.(As you get familiar with this drill, toss the ball toward the three-point line, square to the hoop, shot fake and then take one or two strong dribbles toward the hoop.)
(Taken from Basketball for Women, Nancy Lieberman-Cline & Robin Roberts)

“Be willing to make sacrifices to be the best. It's a small price to pay.

-Nancy Lieberman-Cline

Blaze Shooting Drill



Drill Instructions:

- Y1 cuts in arc motion to opposite low block for chest pass from X1. Shoots a bank shot from the block. Must use the glass.
- After X1 passes, s/he cuts behind Y1, in arcing motion, to opposite low block and receives a chest pass from Y2. X1 takes a bank shot from the block and must use the glass.
- After Y2 passes, s/he cuts behind X1, in arcing motion, to opposite low block and receives a chest pass from X2.
- Play continues in this pattern.
- Players should get their own rebound and pass to next player in the line (pass to the line on the same side of the court from where the player took the shot)

Sequence:

- Bank shot from block (must use glass)
- Jump stop, pump fake, bank shot (emphasize strong fakes – make the defender believe you are going to shoot)
- Bank shots from 2nd hash mark (must use glass)
- Jump shot from 3rd has mark
- Elbow Jumpers
- 3-point shots

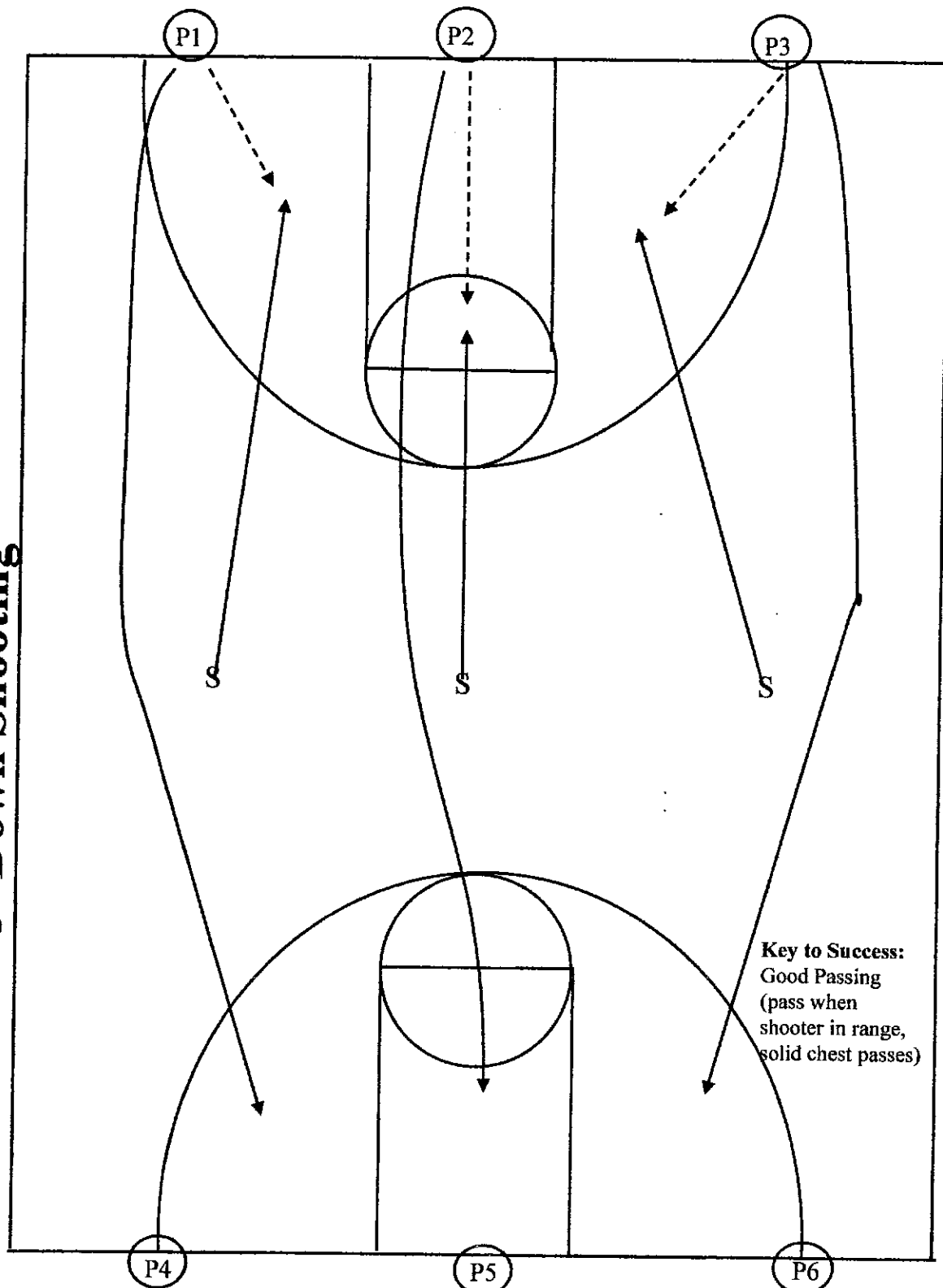
Coaching Tips:

- Good passing
- Get eye on target – corner of square for bank shots.

Team Challenge Ideas:

- How many bank shots can you make in a row?
- How many bank shots can you make in 3 minutes?
- Make X number of shots in a row, move to the next spot

3- Down Shooting



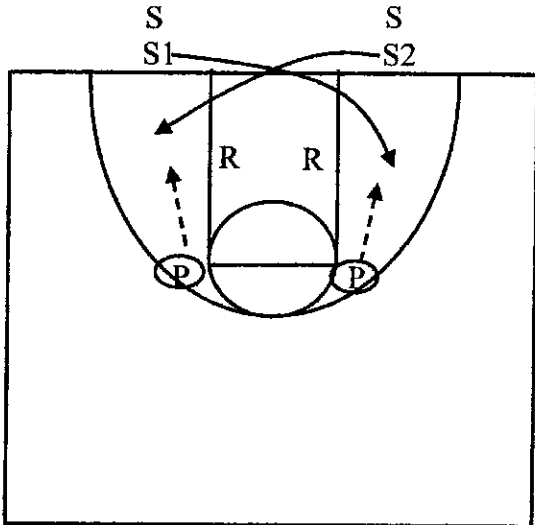
Key to Success:
 Good Passing
 (pass when
 shooter in range,
 solid chest passes)

- Shooters start at $\frac{1}{2}$ court and sprint toward passers, staying in their lane, calling for the ball when they get in their shooting range.
 - Passers pass to the shooter in his/her lane (must wait for shooter to get in her/his range), then sprint, staying in their lane, to the opposite end, calling for the pass when they get in their shooting range.
 - Passers become shooters, sprinting to the opposite end calling for the ball.
 - Lay-ups worth 1 point, 2-pointers are worth 2 points, 3-pointers worth 3 points.
- Goal:** How many points can the team score in 3 minutes? (need a coaching tracking points at each end)

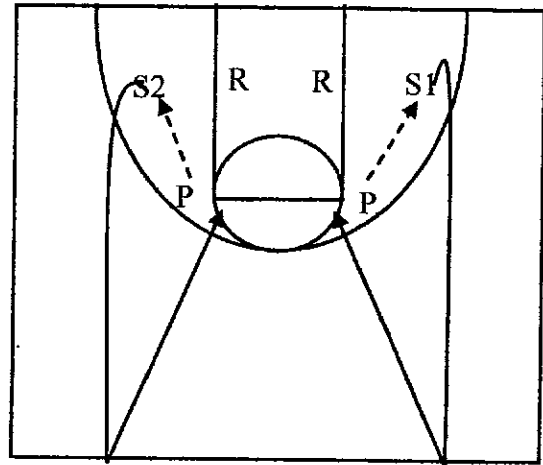
Boston College Shooting Drill (BC Shooting Drill)

P = Passer
S = Shooter
R = Rebounder

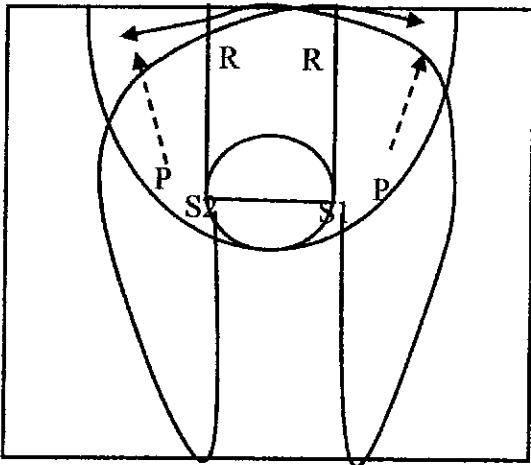
→ = Cut / run
- - - → = Pass
⊙ = Player with ball



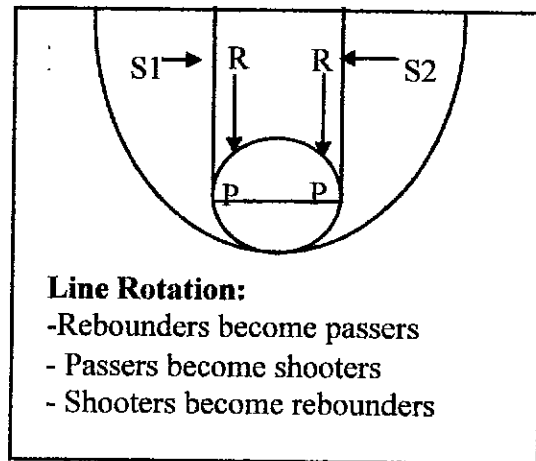
- Shooters sprint to opposite side, receive pass, shoot
- Rebounders rebound and pass to passers



- After shooting, shooters sprint to half court, then sprint to elbow for jumper.
- Rebounders rebound and pass to passers



- After elbow jumper, shooters sprint to 1/2 court, sprint toward their baseline, then cross the baseline to opposite side for a baseline jumper.



Line Rotation:

- Rebounders become passers
- Passers become shooters
- Shooters become rebounders

Variations:

- Set time limit and set a goal for number of baskets made. Run a sprint for every basket under goal.
- Set time limit and set goal for number of consecutive baskets made.