

SHOOTING DEVELOPMENT – WEEK 4

Drill 1: 2 Hand Form Shooting

- a. Make perfect set shots
- b. Guide hand doesn't interfere with shot
- d. 5 shots from 10 feet on the right baseline, top, and left baseline (15 total shots)

Drill 2: Progressive Range Shooting

- a. Begin 7 feet from the hoop
- b. Make 3 shots at a spot before stepping back 3 feet and repeating
- c. Maintain perfect form on every jumper, no matter the range
- d. Go until you miss three in a row!
- f. Once you miss three in a row at a spot, stop the drill

*** Shoot 5 Free Throws For Rest ***

Drill 3: Balance 360s

- a. Starting at Elbow have partner pass you the ball
- b. On the catch perform a 360 degree jump before rising into your jumper as soon as your feet land
- c. Focus on maintaining your balance on landing
- d. Rise into your shot as soon as your feet hit the ground
- e. 5 shots from 15 feet on both wings, and the top (15 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 4: Two Ball Chair Curls

- a. Increase the complexity of your inside-outside footwork using 2 basketballs
- b. Attack the first chair with 2 ball dribbling before pinning the first ball down on the first chair. Repeat planting second ball on second chair sprint to baseline come back and attack closest chair
- c. Use inside-outside footwork on every shot. Repeat for each chair and go again.
- c. 10 shots on each wing (20 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 5: Jab & Fake & Go Jumpers

- a. Start with two chair above the elbows just inside the 3 point line.
- b. Catch the ball a meter back from chair on cone Jab, pull back, and go into a shot fake before attacking chair
- c. Drive at chair and shoot over them off a jump stop in front of them.
- d. Jab is used to create space, shot fake is used to get the defender in the air
- e. Alternate shooting to the left and right
- f. 10 shots from 15 feet on the left wing, top, and right wing (30 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 6: Half-Spin Attacks

- a. Chairs on each extended elbow Reverse pivot to create space
- a. Sprint to chair Jump Stop & Reverse pivot to create space
- b. Jab and attack middle before performing a spin-fake and rising into your jumper
- c. Emphasize perfect footwork. Pivot foot stays on the floor during the spin
- c. 10 shots from 10-15 feet on each wing (20 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 7: Progressive Step Backs

- a. Set up three cones, above chair at elbow. Each one progressively further way from the hoop
- b. Attack the chair from extended elbow before exploding into your step back
- c. Cones are used for feedback on how far you are exploding on each step back
- d. Shoot 3 step back jumpers at each cone, on each wing (18 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 8: Dribble Move Jumpers

- a. Begin 10 feet from the cone or chair
- b. Quickly attack the cone with a dribble move before exploding into your jumper
- c. Make each move instinctively; do not pre-plan any of your moves ahead of time
- c. 10 shots from 15 feet on both wings, and top (30 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 10: 5 x 16 Shooting

- a. Shoot 2 spot-up jumpers from 15 feet
- b. Shoot 2 one-step jumpers from 15 feet
- c. Shoot 2 180-jumpers from 15 feet
- c. Shoot 2 one-dribble jumpers from 15 feet
- d. Shoot 2 spot-up 3's
- e. Shoot 2 one-step 3's
- f. Shoot 2 one-dribble 3's
- h. Shoot 2 floaters

*** Shoot 25 Free Throws to Finish ***