

## **SHOOTING DEVELOPMENT – WEEK 1**

### **Drill 1: 1 Hand Form Shooting**

- a. 1 hand set shots to perfect your mechanics
- b. Keep your elbow directly under the ball
- c. 5 shots from 5 feet on the right baseline, top, and left baseline (15 total shots)

### **Drill 2: Fingertip Form**

- a. 1 hand set shots with a 2-finger guide
- b. Use 2 fingers as a guide only – don't let them interfere with your shot!
- c. 5 shots from 5 feet on the right baseline, top, and left baseline (15 total shots)

### **Drill 3: 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 4: 1-2 Perfect**

- a. Perfect the inside-outside footwork
- b. Alternate between stepping left-right and right-left
- d. 6 shots from 15 feet on both baselines, both wings, and the top (30 total shots)

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

### **Drill 5: Sprinting J's**

- a. Sprint to the ball and catch it in rhythm
- \* Use a self-pass if no partner is available
- b. Focus on your 1-2 step footwork in each direction
- c. Rise into your shot the moment your second foot hits the ground
- e. 10 shots from 15-20 feet on left elbow, top, right elbow (30 total shots)

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

### **Drill 6: 1 Ball Chair Curls**

- a. Master your rhythm and footwork when shooting off of a screen
- b. Use a 1-2 step into your shot. Alternate sides, going left-right and then right-left
- d. 10 shots from 15-20 feet on each wing (20 total shots)

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

### **Drill 7: Rip Through Jumpers**

- a. Begin in triple-threat stance
- b. Rip the ball through and explode past your defender
- c. Alternate shooting to the left and right
- d. 10 shots from 15 feet on left elbow, top, right elbow (30 total shots)

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

### **Drill 8: Face Down Jumpers**

- a. Reverse pivot to create space before rising into your shot
- b. Shoot it the moment your defender's hands drop
- c. Reverse pivot strong, keeping the ball tight to your body
- d. 10 shots from 15-20 feet on each wing (20 total shots)

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

### **Drill 9: No Feet Jumpers**

- a. Rise quickly into your jumper immediately off the catch without any steps
- \* Use a self-pass if no partner is available
- b. Be ready to fire before you catch the ball
- c. 5 shots from 15-20 feet on both baselines, both wings, and top (25 total shots)

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

### **Drill 10: 5 x 12 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
- h. Shoot 2 floaters

**\* Shoot 25 Free Throws To Finish \***